

Damion Coran  
 Food Service Coordinator  
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# Irvine Meals on Wheels





## Hot Home Delivered Menu

# June

Contact: Cheryl Hanna  
 949-724-6910  
 Suggested Donation of  
**\$6.00 (3 Meals Delivered)**  
*\*No senior is denied a meal due to inability to donate.*

**Cancellations must be made at least 2 business days in advance**

**Menu subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Thai Basil Beef</b> Jasmine Rice Stir Fry Vegetables Mandarin Oranges <b>3</b>	<b>Greek Lemon Chicken with Tomato Relish</b> Zucchini, Chickpea & Lima Beans Parslied Carrots WW Pita Bread Fruited Gelatin <b>4</b>	<b>Orange Rosemary Glazed Salmon</b> Confetti Couscous Riviera Blend Apple Filled Crepe <b>5</b>	<b>Vegetarian Lasagna</b> Italian Lentils Garlic Breadstick Fresh Fruit Cup <b>6</b>	<b>Roasted Turkey Breast &amp; Gravy</b> Creamy Mashed Potatoes Green Bean Almandine WW Dinner Roll SF Custard with Berries <b>7</b>
<b>Dijon Chicken Strips</b> Lemon Brown Rice Green Beans Tropical Fruit Mix <b>10</b>	<b>Fish N' Chips</b> Tartar Sauce Steamed Broccoli SF Pudding of the Day <b>11</b>	<b>Manicotti with Marinara Sauce</b> Summer Squash Medley Garlic Breadstick Fresh Banana <b>12</b>	<b>Turkey White Bean Chili</b> Herbed Carrots Corn Muffin Yogurt Parfait <b>13</b>	<b>BBQ Chicken Thigh ++</b> Lip Smackin' Green Beans Party Potatoes SF Fruited Gelatin <b>Father's Day Luncheon</b> <b>14</b>
<b>Lemon Herb Salmon</b> Pearl Barley & Peas Seasoned Spinach SF Lemon Cake <b>17</b>	<b>Roasted Tomato, Spinach &amp; Mozzarella Quiche</b> Seasoned Carrots Roasted Herb Potatoes Cantaloupe Cup <b>18</b>	<b>Pan Seared Turkey</b> Glazed Sweet Potatoes Green Beans and Mushrooms Sugar Free Cookie <b>19</b>	<b>Beef Stroganoff</b> Buttered Noodles Mixed Vegetables WW Dinner Roll Diced Pears <b>20</b>	<b>Vietnames BBQ Chicken Drumsticks</b> Lemon Brown Rice Roasted Cauliflower SF Custard with Berries <b>21</b>
<b>3 Bean Sweet Potato Chili</b> Cornbread Muffin Seasoned Broccoli SF Peach Crisp <b>24</b>	<b>Hawaiian Kalua Chicken Sliders</b> Hawaiian Macaroni Salad Grilled Zucchini Squash Pineapple Tidbits <b>25</b>	<b>Penne Pasta &amp; Beef Meatballs</b> Tuscan Vegetable Blend WG Garlic Breadstick SF Fruited Gelatin  <b>26</b>	<b>Chicken Piccata</b> Rosemary Lemon Potatoes Peas and Carrots Fresh Fruit Cup <b>27</b>	<b>All Beef Chili Dogs, Cheese ++</b> Hot Dog Bun, Mustard Roasted Potato Vegetable Salad Green Beans, Watermelon Cup <b>Fourth of July Luncheon</b> <b>28</b>
Indicates Special Menu + that has not been analyzed sodium content may exceed 2,300 mg				Denotes Sodium Higher than 2,300 mg per day, condiments and salad dressings are not analyzed and may increase sodium 