


***Indicates Breakfast**

Irvine Meals on Wheels

July 2019

Menu may be subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
Egg Salad on Rye Bread, Lettuce Pasta Salad Tomato Basil Salad SF Pudding of the Day *Waffle, SF Syrup, Promise, Bran Cereal 1	Macaroni and Cheese Spring Green Salad/Vinaigret WW Dinner Roll/Promise Fresh Strawberry Cup *Turkey Sausage Patty & Biscuit, Orange Juice 2	Crab Salad & Cucumber Broccoli Slaw Carrot Raisin Salad SF Cake *Scrambled Egg with Spinach WG Bread, Promise, Cantaloupe Cup 3	Center Closed Independence Day  4	Huli Huli chicken Lemon Brown rice Hawaiian Coleslaw SF Fruite Gelatin *Eggs N' Hash, Diced Pears 5
Turkey & Cream Cheese Bagel Potato Salad Green Bean Salad Apple Slices *Hard boiled Egg, Peanut Butter, Whole Grain Bread 8	Spaghetti and Meatballs Garden Salad/Vinaigrette Sunflower Broccoli Salad Fresh Fruit Cup *Bran Flakes, LF Yogurt 9	Roast Beef Wrap, Lettuce, Toma Cucumber Salad Macaroni Salad Fresh Fruit Cup *Oatmeal, Raisins, Yogurt Parfait, Orange Juice 10	Tuna Stuffed Tomato Carrot Raisin Salad Broccoli Slaw SF Cake of the Day *Waffle, SF Syrup, Promise, Strawberries 11	Ravioli Salad Spring Green Salad/Vinaigrette Garlic Whole Grain Breadstick SF Fruit Crisp *Cottage Cheese, Tropical Fruit Mix, Breakfast Bar 12
Beef Enchilada Bake Corn and Black Bean Salad SF Cookie *Egg Patty Sandwich, Orange Juice 15	Split Pea Soup Cheese & Fruit Plate Bran Muffin Almond Cake *Pancake, SF Syrup, Promise 16	Chicken Salad Sandwich Lettuce, WW Bread Green Pea Salad Marinated Carrots Ambrosia *Granola Bar, LowFat Yogurt, Orange Juice 17	Tuna Noodle Casserole Garden Green Salad Vinaigrette Dressing Apple Waldorf Salad Mandarin Oranges *Scrambled Egg, 1/2 Tomato, Whole Grain Bread, Promise 18	Turkey and Rice Bowl Whole Wheat Dinner Roll Carrifruit Salad SF Fruit Crisp *Rice Chex Cereal, Cantaloupe Cup 19
Roasted Carrot Hummus/Pita Carrot & Celery Sticks/Ranch Kale Apple Salad Fresh Fruit Cup *WW Toast, Peanut Butter, SF Jelly, Cheese Stick, LF Yogurt 22	Healthy Tuna Wrap Coleslaw with Pineapple Macaroni Salad SF Pudding of the Day *Bran Flakes, French Toast, SF Syrup, Promise, Banana 23	Beef Fried Rice Lotus Blossom Salad Apricot Cake *Country Breakfast Bowl, Orange Juice 24	Chicken Apricot Salad Spinach Salad/Vinaigrette Watermelon Cup *Bagel, Cream Cheese, SF Jelly, Orange Pineapple Juice 25	Turkey Burger, Lettuce, Tomato WW Hamburger Bun Sweet Potato Salad Sunflower Broccoli Salad Tropical Fruit Mix *Oatmeal, Cranberries LF Yogurt 26
Curried Turkey Pasta Artichoke & Chickpea Salad WW Dinner Roll, Promise Orange Sections *Whole Grain Cheerios, Banana Hard Boiled Egg 29	Tuna Salad Sandwich, Lettuce Tomato, WW Bread Carrot Raisin Salad SF Custard with Berries *Pancake, SF Syrup, Promise Yogurt Fruit Parfait, OJ 30	Chicken Nuggets/BBQ Sauce Creamy Coleslaw Red Potato Salad Mandarin Oranges *WG Bread, Promise  31 Italian Crepe	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 