

Damion Coran  
 Food Service Coordinator  
 (949) 724-6918

# Irvine Meals on Wheels




## Hot Home Delivered Menu

# July

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>Creamy Turkey &amp; Dinner Roll</b> Broccoli & Cauliflower Stewed Tomatoes Cantaloupe & Grape Cup <div style="text-align: right;"><b>1</b></div>	<b>Baked Beef Meatloaf &amp; Gravy</b> Baked Potato with Sour Cream Seasoned Spinach SF Apple Betty <div style="text-align: right;"><b>2</b></div>	<b>Chicken Fajitas</b> Flour Tortilla, Salsa, Sour Cream Corn & Black Bean Salad Roasted Mexican Zucchini Fresh Fruit Cup <div style="text-align: right;"><b>3</b></div>	<div style="text-align: center;"> <b>Center Closed</b>  <b>Independence Day</b>   </div> <div style="text-align: right;"><b>4</b></div>	<b>Summer Vegetable Baked Ziti</b> Kale & White Beans Whole Grain Garlic Breadstick Mandarin Oranges <div style="text-align: right;"><b>5</b></div>
<b>Thai Basil Beef</b> Jasmine Rice Stir Fry Vegetables Mandarin Oranges <div style="text-align: right;"><b>8</b></div>	<b>Greek Lemon Chicken with Tomato Relish</b> Zucchini Chickpea Lima Bean Parslied Carrots, WW Pita Fruited Gelatin <div style="text-align: right;"><b>9</b></div>	<b>Orange Rosemary Glazed Salmon</b> Confetti Couscous Riviera Blend Apple Filled Crepe <div style="text-align: right;"><b>10</b></div>	<b>Vegetarian Lasagna</b> Italian Lentils Garlic Breadstick Fresh Fruit Cup <div style="text-align: right;"><b>11</b></div>	<b>Roasted Turkey Breast with Gravy</b> Creamy Mashed Potatoes Green Bean Almandine WW Dinner Roll SF Custard with Berries <div style="text-align: right;"><b>12</b></div>
<b>Dijon Chicken Strips</b> Lemon Brown Rice Green Beans Tropical Fruit Mix <div style="text-align: right;"><b>15</b></div>	<b>Fish and Chips</b> Tartar Sauce Steamed Broccoli SF Pudding of the Day <div style="text-align: right;"><b>16</b></div>	<b>Manicotti with Marinara Sauce</b> Summer Squash Medley Garlic Breadstick Fresh Banana <div style="text-align: right;"><b>17</b></div>	<b>Turkey White Bean Chili</b> Herbed Carrots Corn Muffin Yogurt Parfait <div style="text-align: right;"><b>18</b></div>	<b>Grilled Beef Cheeseburger</b> Lettuce, Tomato, WW Bun Roasted Herb Potatoes Brussel Sprouts Diced Peaches <div style="text-align: right;"><b>19</b></div>
<b>Lemon Herb Salmon</b> Pearly Barley & Peas Seasoned Spinach SF Lemon Cake <div style="text-align: right;"><b>22</b></div>	<b>Roasted Tomato, Spinach &amp; Mozzarella Quiche</b> Seasoned Carrots Roasted Herb Potatoes Cantaloupe Cup <div style="text-align: right;"><b>23</b></div>	<b>Pan Seared Turkey</b> Glazed Sweet Potatoes Green Beans and Mushrooms SF Cookie <div style="text-align: right;"><b>24</b></div>	<b>Beef Stroganoff</b> Buttered Noodles Mixed Vegetables WW Dinner Roll Diced Pears <div style="text-align: right;"><b>25</b></div>	<b>Vietnamese BBQ Chicken Drumsticks</b> Lemon Brown Rice Roasted Cauliflower SF Custard with Berries <div style="text-align: right;"><b>26</b></div>
<b>3-Bean Sweet Potato Chili</b> Cornbread Muffin Seasoned Broccoli SF Peach Crisp <div style="text-align: right;"><b>29</b></div>	<b>Hawaiian Kalua Chicken Sliders</b> Hawaiian Macaroni Salad Grilled Zucchini Squash Pineapple Tidbits <div style="text-align: right;"><b>30</b></div>	<b>Penne Pasta with Beef Meatballs</b> Tuscan Vegetable Blend Garlic Breadstick SF Fruited Gelatin  <div style="text-align: right;"><b>31</b></div>	Indicates Special Menu + that has not been analyzed sodium content may exceed 2,300 mg <div style="text-align: right;"><b>31</b></div>	Denotes Sodium Higher than 2,300 mg per day, condiments and salad dressings are not analyzed and may increase sodium  <div style="text-align: right;"><b>31</b></div>