



Meals on Wheels of San Diego County

Lunch Menu

December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Asian Chicken Salad with Balsamic Vinaigrette Black Bean & Rice Salad Whole Grain Corn Muffin Fruit Cup Fortune Cookie	Steak Taco Salad* <i>*Beef Strips, Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fruit	Chicken Salad with Grapes w/Whole Grain Crackers Honey Lime Corn Salad Fruit Cup	Lemon Pepper Tuna Salad Blueberry Muffin Coleslaw Fruit Cup	Roast Beef & Cheddar Sandwich on Whole Wheat Bread Mixed Green Salad w/Dressing Fruit Cup	Tzatziki Turkey Salad Chickpea Salad Naan Bread Dippers Fruit	Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit
Harvest Chicken Bowl* <i>*Grilled Garlic-Herb Chicken, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit Cup	Krab Mac Salad w/Whole Grain Crackers Carrot Raisin Salad Fruit	Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Blueberry Muffin Fruit	Turkey & American Cheese on Kaiser Roll Lettuce/Tomato/Onion Three Bean Salad Fruit	Egg Salad on Whole Wheat Bread Potato Salad Fruit Cup	Reuben Sandwich on Rye Bread Italian Cucumber Salad Fruit	French Turkey Bistro Salad* <i>*Turkey, Red Onion, Parsley, Northern Beans, Corn, and a French Dressing</i> Venetian Pasta Salad Whole Grain Breadstick Fruit Cup
Mediterranean Chicken Quinoa Bowl* <i>*Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit	Pork & Pineapple Farro Bowl* <i>*Pork Loin, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Fruit Cup	Cranberry Pecan Turkey Salad on Brioche Roll Coleslaw Fruit Cup	Greek Chicken Salad with Balsamic Vinaigrette Naan Bread Dippers Pasta Salad Fruit	Roast Beef & Cheddar Sandwich on Whole Wheat Bread Lettuce/Tomato/Onion Black-Eyed Pea Salad Fruit Cup	Tzatziki Turkey Salad Three Bean Salad Naan Bread Dippers Fruit
Thai Chicken Salad* <i>*Chicken, Penne Pasta, Green Onions, Cabbage, Snap Peas, Carrots, and Peanut Vinaigrette</i> Cucumber Salad Whole Grain Crackers Fruit	Salmon Caesar Salad with Caesar Dressing Coleslaw Whole Grain Breadstick Fruit	CLOSED	Turkey & Provolone Cheese on Kaiser Roll Lettuce/Tomato/Onion Potato Salad Fruit Cup	Chicken Salad with Grapes w/Whole Grain Crackers Black-eyed Pea Salad Fruit	Reuben Sandwich on Rye Bread Lettuce/Tomato/Onion Coleslaw Fruit Cup	Egg Salad on Whole Wheat Bread Broccoli Raisin Salad Fruit Cup
Tzatziki Turkey Salad Three Bean Salad Naan Bread Dippers Fruit Cup	Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Crackers Fruit	Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	*HOLIDAY FROZEN MEAL Meatloaf with Gravy Mashed Potatoes Glazed Carrots Fruit			<u>Beverage Choice:</u> Milk or Juice Menu Subject to Change