



Meals on Wheels of San Diego County

Fresh Lunch Menu

February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Tzatziki Turkey Salad Three Bean Salad Naan Bread Dippers Fruit
2 Thai Chicken Salad* *Chicken, Penne Pasta, Green Onions, Cabbage, Snap Peas, Carrots, and Peanut Vinaigrette Cucumber Salad Whole Grain Crackers Fruit	3 Salmon Caesar Salad with Caesar Dressing Coleslaw Whole Grain Breadstick Fruit	4 Greek Chicken Salad with Balsamic Vinegarette Venetian Pasta Salad Whole Grain Breadstick Fruit	5 Turkey & Provolone Cheese on Kaiser Roll Lettuce/Tomato/Onion Potato Salad Fruit Cup	6 Reuben Sandwich on Rye Bread Lettuce/Tomato/Onion Coleslaw Fruit Cup	7 Egg Salad on Whole Wheat Bread Broccoli Raisin Salad Fruit Cup	8 Chicken Salad with Grapes w/Whole Grain Crackers Black-eyed Pea Salad Fruit
9 Tzatziki Turkey Salad Three Bean Salad Naan Bread Dippers Fruit Cup	10 Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Crackers Fruit Cup	11 Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	12 Krab Mac Salad Coleslaw Whole Grain Corn Muffin Fruit	13 Roast Beef & Cheddar Sandwich on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Fruit	14 Mediterranean Chicken Quinoa Bowl* *Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt Fruit Cup	15 Turkey Breast & Muenster on Rye Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit
16 Harvest Chicken Bowl* *Grilled Garlic-Herb Chicken, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce Fruit	17 Creole Seafood Salad w/Whole Grain Crackers Beet & Onion Salad Fruit Cup	18 Turkey Breast & Provolone on Whole Wheat Bread Lettuce/Tomato/Onion Italian Cucumber Salad Fruit Cup	19 Pork & Pineapple Farro Bowl* *Pork Loin, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette Fruit	20 Cranberry Pecan Turkey Salad on Brioche Roll Tuscan Vegetable Salad Fruit Cup	21 Chicken Salad Honey Lime Corn Salad Whole Grain Blueberry Muffin Fruit	22 Reuben Sandwich on Rye Bread Lettuce/Tomato/Onion Mixed Green Salad w/Dressing Fruit Cup
23 Asian Chicken Salad with Balsamic Vinaigrette Black Bean & Rice Salad Whole Grain Corn Muffin Fruit Cup Fortune Cookie	24 Steak Taco Salad* *Beef Strips, Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream Whole Grain Tortilla Chips Fruit	25 Chicken Salad with Grapes w/Whole Grain Crackers Honey Lime Corn Salad Fruit Cup	26 Lemon Pepper Tuna Salad Blueberry Muffin Coleslaw Fruit Cup	27 Roast Beef & Cheddar Sandwich on Whole Wheat Bread Mixed Green Salad w/Dressing Fruit Cup	28 Tzatziki Turkey Salad Chickpea Salad Naan Bread Dippers Fruit	 Beverage Choice: Milk, or Juice. Menu Subject to Change