



Meals on Wheels of San Diego County

Fresh Lunch Menu

March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit
2 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	3 Krab Mac Salad w/Whole Grain Crackers Carrot Raisin Salad Fruit	4 Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Blueberry Muffin Fruit	5 Turkey & American Cheese on Kaiser Roll Lettuce/Tomato/Onion Three Bean Salad Fruit	6 Egg Salad on Whole Wheat Bread Potato Salad Fruit Cup	7 Reuben Sandwich on Rye Bread Italian Cucumber Salad Fruit	8 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
9 Mediterranean Chicken Quinoa Bowl* <i>*Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit	10 Pork & Pineapple Farro Bowl* <i>*Pork Loin, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	11 Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Fruit Cup	12 Cranberry Pecan Turkey Salad on Brioche Roll Coleslaw Fruit Cup	13 Greek Chicken Salad with Balsamic Vinaigrette Naan Bread Dippers Pasta Salad Fruit Cup	14 Roast Beef & Cheddar Sandwich on Whole Wheat Bread Lettuce/Tomato/Onion Black-Eyed Pea Salad Fruit Cup	15 Tzatziki Turkey Salad Three Bean Salad Naan Bread Dippers Fruit
16 Thai Chicken Salad* <i>*Chicken, Penne Pasta, Green Onions, Cabbage, Snap Peas, Carrots, and Peanut Vinaigrette</i> Cucumber Salad Whole Grain Crackers Fruit	17 Salmon Caesar Salad with Caesar Dressing Coleslaw Whole Grain Breadstick Fruit Cup	18 Greek Chicken Salad with Balsamic Vinaigrette Venetian Pasta Salad Whole Grain Breadstick Fruit	19 Turkey & Provolone Cheese on Kaiser Roll Lettuce/Tomato/Onion Potato Salad Fruit Cup	20 Egg Salad on Whole Wheat Bread Broccoli Raisin Salad Fruit Cup	21 Corned Beef & Swiss on Rye Bread Lettuce/Tomato/Onion Coleslaw Fruit Cup	22 Chicken Salad with Grapes w/Whole Grain Crackers Black-eyed Pea Salad Fruit
23 Tzatziki Turkey Salad Three Bean Salad Naan Bread Dippers Fruit Cup	24 Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Crackers Fruit	25 Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	26 Krab Mac Salad Coleslaw Whole Grain Corn Muffin Fruit	27 Roast Beef & Cheddar Sandwich on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Fruit Cup	28 Mediterranean Chicken Quinoa Bowl* <i>*Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit Cup	29 Turkey Breast & Muenster on Rye Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit
30 Harvest Chicken Bowl* <i>*Grilled Garlic-Herb Chicken, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit	31 Creole Seafood Salad w/Whole Grain Crackers Beet & Onion Salad Fruit Cup					Beverage Choice: Milk, or Juice. <i>Menu Subject to Change</i>