

Meals on Wheels San Diego County

Fresh Lunch Menu

April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Beverage of Choice: Milk or Juice Menu Subject to Change	Turkey Breast & Provolone on Whole Wheat Bread Lettuce/Tomato/Onion Italian Cucumber Salad Fresh Pear	Pork and Pineapple Farro Bowl Mixed Fruit	Cranberry Pecan Turkey Salad on Brioche Roll Tuscany Vegetable Salad Tropical Fruit	Chicken Salad Honey Lime Corn Salad Whole Grain Blueberry Muffin Fresh Orange	Harvest Chicken Bowl with Brown Rice Fresh Apple
Sliced Turkey Cheddar Cheese Lettuce, Tomato, & Onion Brioche Roll Pineapple Slaw Fresh Apple Mayo, Mustard	<i>New!</i> Honey Mustard Chicken Salad Croissant Confetti Coleslaw Mixed Fruit	<i>New!</i> Dill Egg Salad Whole Wheat Bread(2) Carrot Raisin Salad Mandarin Oranges	Lemon Pepper Tuna Salad WW Pita Pocket Three Bean Salad Fresh Orange	<i>New!</i> California Chicken Salad over Greens Mandarin Beet Salad Whole Wheat Roll Pineapple Tidbits	Turkey Ham Swiss Cheese Lettuce, Tomato, & Onion Marinated Green Bean & Tomato Sal Kaiser Roll Diced Peaches Mayo, Mustard	Grilled Chicken Salad with Cheese Over Greens Saltine Crackers Fresh Pear Balsamic Vinaigrette
Sliced Roast Beef Provolone Cheese Lettuce, Tomato, & Onion Brioche Roll Let/Tom/Onion Lemon Dijon Carrot Salad Pineapple Tidbits	<i>New!</i> Tuna Mac Salad Cucumber Salad Whole Wheat Roll Mandarin Oranges	Chicken Caesar Wrap Copper Penny Salad Diced Pears	<i>New!</i> Mandarin Crab Salad over Greens Carrot Slaw Whole Wheat Roll Fresh Orange	Thai Chicken Salad Cucumber and Tomato Salad Saltine Crackers Fresh Apple	Cornbeef Swiss Cheese Lettuce, Tomato, & Onion Coleslaw Rye Bread Fresh Pear Spicy Brown Mustard	Turkey Ham Provolone Cheese Lettuce, Tomato, & Onion Black Bean and Corn Salad Kaiser Roll Mixed Fruit Mayonnaise Mustard
Hummus Feta Cheese Lettuce, Tomato, & Onion WW Pita Pocket Apple Slaw Fresh Pear	Sliced Ham Swiss Cheese Lettuce, Tomato, & Onion Green Pea Salad Kaiser Roll Mandarin Oranges Mayonnaise, Mustard	Baja Chicken Salad Cilantro Slaw WG Totilla Chips Pineapple Tidbits	Salmon Caesar Salad Caesar Sld Dressing Mediterranean Lentil Salad Garlic Texas Bread Fresh Orange	<i>New!</i> Italian Chicken Pasta Salad Marinated California Salad WG Garlic Breadstick Mixed Fruit	Sliced Roast Beef Swiss Cheese Pumpkin Bread Lettuce, Tomato, & Onion <i>New!</i> Bayou Coleslaw Fresh Apple Mayo, Mustard	<i>New!</i> Sliced Turkey Breast, Sliced Turkey Ham, & Roast Beef Provolone Cheese Lettuce, Tomato, & Onion Brioche Roll Three Bean Salad Diced Peaches Mayo, Mustard
Turkey Ham Provolone Lettuce, Tomato, & Onion WG Hamburger Bun Honey Lime Corn Salad Fresh Orange Mayo, Mustard	<i>New!</i> BBQ Chicken Salad Ranch Salad Dressing Marinated Green Bean Salad Saltine Crackers Fresh Apple	<i>New!</i> Hawaiian Chicken Salad Croissant Beet Salad Fresh Apple	Sliced Ham, Salami, and Pepperoni Provolone Cheese Lettuce, Tomato, & Onion Ciabatta Roll Lemon Dijon Carrot Salad Pineapple Tidbits Mayonnaise			