



Meals on Wheels San Diego County

Fresh Lunch Menu

May 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Beverage Choice: Milk or Juice</p> <p><i>Menu Subject to Change</i></p>				<p><i>New!</i> Garden Chicken Salad Ranch Salad Dressing Green Pea Salad Diced Peaches</p>	<p>Sliced Turkey Breast Muenster Cheese Pumpnickle Brd (2) Lettuce, Tomato, and Onion Mandarin Beet Salad Mixed Fruit Mayonnaise Mustard</p>	<p>Roast Beef Cheddar Cheese Lettuce, Tomato, and Onion Coleslaw Kaiser Roll Fresh Orange Spicy Brown Mustard</p>
<p>Tzatziki Turkey Salad Three Bean Salad Naan Bread Dippers Pineapple Tidbits</p>	<p>Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Crackers Raisins</p>	<p>Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fresh Apple</p>	<p>Krab Mac Salad Coleslaw Whole Grain Corn Muffin Fresh Pear</p>	<p>Roast Beef & Cheddar Sandwich on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Mandarin Oranges</p>	<p>Mediterranean Chicken Quinoa Bowl* Applesauce</p>	<p>Turkey Breast & Muenster on Rye Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Diced Peaches</p>
<p>Asian Chicken Salad with Balsamic Vinegarett Black Bean & Rice Salad Whole Grain Corn Muffin Mixed Fruit Fortune Cookie</p>	<p>Steak Taco Salad* Whole Grain Tortilla Chips Fresh Pear</p>	<p>Chicken Salad with Grapes w/Whole Grain Crackers Honey Lime Corn Salad Pineapple Tidbits</p>	<p>Lemon Pepper Tuna Salad Blueberry Muffin Coleslaw Fresh Orange</p>	<p>Roast Beef & Cheddar Sandwich on Whole Wheat Bread Mixed Green Salad w/Dressing Applesauce</p>	<p>Tzatziki Turkey Salad Chickpea Salad Naan Bread Dippers Diced Pears</p>	<p>Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fresh Apple</p>
<p>Sliced Turkey Cheddar Cheese Lettuce, Tomato, and Onion Brioche Roll Pineapple Slaw Fresh Apple Mayo, Mustard</p>	<p><i>New!</i> Honey Mustard Chicken Salad Croissant Confetti Coleslaw Fresh Fruit Mixed Fruit</p>	<p><i>New!</i> Dill Egg Salad Whole Wheat Bread(2) Carrot Raisin Salad Mandarin Oranges</p>	<p>Lemon Pepper Tuna Salad WW Pita Pocket Three Bean Salad Fresh Orange</p>	<p><i>New!</i> California Chicken Salad over Greens Mandarin Beet Salad Whole Wheat Roll Mixed Fruit</p>	<p>Turkey Ham Swiss Cheese Lettuce, Tomato, and Onion Marinated Green Bean & Tomato Sal Kaiser Roll Diced Peaches Mayo, Mustard</p>	<p>Grilled Chicken Salad with Cheese Over Greens Saltine Crackers Fresh Pear Balsamic Vinaigrette</p>
<p>Sloppy Joe Oven Roasted Dices Potatoes Capri Vegetable Blend Whole Grain Hamburger Bun Diced Peaches</p>	<p><i>New!</i> Tuna Mac Salad Cucumber Salad Whole Wheat Roll Mandarin Oranges</p>	<p>Chicken Caesar Wrap Copper Penny Salad Diced Pears</p>	<p><i>New!</i> Mandarin Crab Salad over Greens Carrot Slaw Whole Wheat Roll Fresh Orange</p>	<p>Thai Chicken Salad Cucumber and Tomato Salad Saltine Crackers Fresh Apple</p>	<p>Cornbeef Swiss Cheese Lettuce, Tomato, and Onion Coleslaw Rye Bread Fresh Pear Spicy Brown Mustard</p>	<p>Turkey Ham Provolone Cheese Lettuce, Tomato, and Onion Black Bean and Corn Salad Kaiser Roll Mixed Fruit Mayonnaise Mustard</p>