



# Meals on Wheels San Diego County

## Fresh Lunch Menu

### June 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p>Hummus Feta Cheese Lettuce, Tomato, &amp; Onion WW Pita Pocket Apple Slaw Fresh Pear</p>	<p>2</p> <p>Sliced Ham Swiss Cheese Lettuce, Tomato, &amp; Onion Green Pea Salad Kaiser Roll Mandarin Oranges Mayonnaise, Mustard</p>	<p>3</p> <p>Baja Chicken Salad Cilantro Slaw WG Totilla Chips Pineapple Tidbits</p>	<p>4</p> <p>Salmon Caesar Salad Caesar Sld Dressing Mediterranean Lentil Salad Garlic Texas Bread Fresh Orange</p>	<p>5</p> <p><i>New!</i> Italian Chicken Pasta Salad Marinated California Salad WG Garlic Breadstick Mixed Fruit</p>	<p>6</p> <p>Sliced Roast Beef Swiss Cheese Pumpnickle Bread Lettuce, Tomato, &amp; Onion <i>New!</i> Bayou Coleslaw Fresh Apple Mayo, Mustard</p>	<p>7</p> <p><i>New!</i> Sliced Turkey Breast, Sliced Turkey Ham, &amp; Roast Beef Provolone Cheese Lettuce, Tomato, &amp; Onion Brioche Roll Three Bean Salad Diced Peaches Mayo, Mustard</p>
<p>8</p> <p>Turkey Ham Provolone Lettuce, Tomato, &amp; Onion WG Hamburger Bun Honey Lime Corn Salad Fresh Orange Mayo, Mustard</p>	<p>9</p> <p><i>New!</i> BBQ Chicken Salad Ranch Salad Dressing Marinated Green Bean Salad Saltine Crackers Fresh Apple</p>	<p>10</p> <p><i>New!</i> Hawaiian Chicken Salad Croissant Beet Salad Fresh Apple</p>	<p>11</p> <p>Sliced Ham, Salami, and Pepperoni Provolone Cheese Lettuce, Tomato, &amp; Onion Ciabatta Roll Lemon Dijon Carrot Salad Pineapple Tidbits Mayonnaise</p>	<p>12</p> <p><i>New!</i> Garden Chicken Salad Ranch Salad Dressing Green Pea Salad Diced Peaches</p>	<p>13</p> <p>Sliced Turkey Breast Muenster Cheese Pumpnickle Brd (2) Lettuce, Tomato, and Onion Mandarin Beet Salad Mixed Fruit Mayonnaise Mustard</p>	<p>14</p> <p>Roast Beef Cheddar Cheese Lettuce, Tomato, and Onion Coleslaw Kaiser Roll Fresh Orange Spicy Brown Mustard</p>
<p>15</p> <p>Tzatziki Turkey Salad Three Bean Salad Naan Bread Dippers Pineapple Tidbits</p>	<p>16</p> <p>Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Crackers Diced Pears</p>	<p>17</p> <p>Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fresh Apple</p>	<p>18</p> <p>Krab Mac Salad Coleslaw Whole Grain Corn Muffin Fresh Pear</p>	<p>19</p> <p>Roast Beef &amp; Cheddar Sandwich on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Pineapple Tidbits</p>	<p>20</p> <p>Mediterranean Chicken Quinoa Bowl* Applesauce</p>	<p>21</p> <p>Turkey Breast &amp; Muenster on Rye Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Diced Peaches</p>
<p>22</p> <p>Asian Chicken Salad with Balsamic Vinegarette Black Bean &amp; Rice Salad Whole Grain Corn Muffin Mixed Fruit Fortune Cookie</p>	<p>23</p> <p>Steak Taco Salad* Whole Grain Tortilla Chips Fresh Pear</p>	<p>24</p> <p>Chicken Salad with Grapes w/Whole Grain Crackers Honey Lime Corn Salad Pineapple Tidbits</p>	<p>25</p> <p>Lemon Pepper Tuna Salad Blueberry Muffin Coleslaw Fresh Orange</p>	<p>26</p> <p>Roast Beef &amp; Cheddar Sandwich on Whole Wheat Bread Mixed Green Salad w/Dressing Applesauce</p>	<p>27</p> <p>Tzatziki Turkey Salad Chickpea Salad Naan Bread Dippers Diced Pears</p>	<p>28</p> <p>Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fresh Apple</p>
<p>29</p> <p>Sliced Turkey Cheddar Cheese Lettuce, Tomato, and Onion Brioche Roll Pineapple Slaw Fresh Apple Mayo, Mustard</p>	<p>30</p> <p><i>New!</i> Honey Mustard Chicken Salad Croissant Confetti Coleslaw Fresh Fruit Mixed Fruit</p>					<p><b><u>Beverage Choice:</u></b> Milk or Juice</p> <p><i>Menu Subject to Change</i></p>