

Meals on Wheels San Diego County

Fresh Lunch Menu

July 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Menu Subject to Change</p>	<p>Beverage of Choice: Milk or Juice</p>	<p>1 Dill Egg Salad Whole Wheat Bread(2) Carrot Raisin Salad Mandarin Oranges <i>New!</i></p>	<p>2 Lemon Pepper Tuna Salad WW Pita Pocket Three Bean Salad Fresh Orange</p>	<p>3 California Chicken Salad over Greens Mandarin Beet Salad Whole Wheat Roll Mixed Fruit <i>New!</i></p>	<p>4 Turkey Ham Swiss Cheese Lettuce, Tomato, and Onion Marinated Green Bean & Tomato Salad Kaiser Roll Diced Peaches Mayo, Mustard</p>	<p>5 Turkey breast/cheddar on rye bread black bean and corn salad fresh apple mayo/mustard</p>
<p>6 Sliced Roast Beef Provolone Cheese Lettuce, Tomato, and Onion Brioche Roll Let/Tom /Onion Lemon Dijon Carrot Salad Pineapple Tidbits</p>	<p>7 Tuna Mac Salad Cucumber Salad Whole Wheat Roll Mandarin Oranges <i>New!</i></p>	<p>8 Chicken Caesar Wrap Copper Penny Salad Diced Pears</p>	<p>9 Mandarin Crab Salad over Greens Carrot Slaw Whole Wheat Roll Fresh Orange <i>New!</i></p>	<p>10 Thai Chicken Salad Cucumber and Tomato Salad Saltine Crackers Fresh Apple</p>	<p>11 Cornbeef Swiss Cheese Let, Tom, and Onion Coleslaw Rye Bread Fresh Pear Spicy Brown Mustard</p>	<p>12 Turkey Ham Provolone Cheese Lettuce, Tomato, and Onion Black Bean and Corn Salad Kaiser Roll Mixed Fruit Mayonnaise Mustard</p>
<p>13 Hummus Feta Cheese Lettuce, Tomato, & Onion WW Pita Pocket Apple Slaw Fresh Pear</p>	<p>14 Sliced Ham Swiss Cheese Lettuce, Tomato, & Onion Green Pea Salad Kaiser Roll Mandarin Oranges Mayonnaise, Mustard</p>	<p>15 Baja Chicken Salad Cilantro Slaw WG Totilla Chips Pineapple Tidbits</p>	<p>16 Salmon Caesar Salad Caesar Sld Dressing Mediterranean Lentil Salad Garlic Texas Bread Fresh Orange</p>	<p>17 Italian Chicken Pasta Salad Marinated California Salad WG Garlic Breadstick Mixed Fruit <i>New!</i></p>	<p>18 Sliced Roast Beef Swiss Cheese Pumpernickle Bread Lettuce, Tomato, & Onion Bayou Coleslaw Fresh Apple Mayo, Mustard <i>New!</i></p>	<p>19 Sliced Turkey Ham, breast, & Roast Beef Provolone Cheese Lettuce, Tomato, & Onion Brioche Roll Three Bean Salad Diced Peaches Mayo, Mustard <i>New!</i></p>
<p>20 Turkey Ham Provolone Lettuce, Tomato, & Onion WG Hamburger Bun Honey Lime Corn Salad Fresh Orange Mayo, Mustard</p>	<p>21 BBQ Chicken Salad Ranch Salad Dressing Marinated Green Bean Salad Saltine Crackers Fresh Apple <i>New!</i></p>	<p>22 Hawaiian Chicken Salad Croissant Beet Salad Fresh Apple <i>New!</i></p>	<p>23 Sliced Ham, Salami, and Pepperoni Provolone Cheese Lettuce, Tomato, & Onion Ciabatta Roll Lemon Dijon Carrot Salad Pineapple Tidbits Mayonnaise</p>	<p>24 Garden Chicken Salad Ranch Salad Dressing Green Pea Salad Diced Peaches <i>New!</i></p>	<p>25 Sliced Turkey Breast Muenster Cheese Pumpernickle Brd (2) Lettuce, Tomato, and Onion Mandarin Beet Salad Mixed Fruit Mayonnaise Mustard</p>	<p>26 Roast Beef Cheddar Cheese Lettuce, Tomato, and Onion Coleslaw Kaiser Roll Fresh Orange Spicy Brown Mustard</p>
<p>27 Tzatziki Turkey Salad Three Bean Salad Naan Bread Dippers Pineapple Tidbits</p>	<p>28 Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Crackers Diced Pears</p>	<p>29 Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fresh Apple</p>	<p>30 Krab Mac Salad Coleslaw Whole Grain Corn Muffin Fresh Pear</p>	<p>31 Roast Beef & Cheddar Sandwich on Whole Grain Bun Lettuce/T om ato/Onion Potato Salad Fresh Orange</p>		