

Meals on Wheels San Diego County

Fresh Lunch Menu

August 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change					¹ Mediterranean Chicken Quinoa Bowl* Applesauce	² Turkey Breast & Muenster on Rye Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Diced Peaches
³ Asian Chicken Salad with Balsamic Vinaigrette Black Bean & Rice Salad Whole Grain Corn Muffin Mixed Fruit Fortune Cookie	⁴ Steak Taco Salad* Whole Grain Tortilla Chips Fresh Pear	⁵ Chicken Salad with Grapes w/Whole Grain Crackers Honey Lime Corn Salad Pineapple Tidbits	⁶ Lemon Pepper Tuna Salad Blueberry Muffin Coleslaw Fresh Orange	⁷ Roast Beef & Cheddar Sandwich on Whole Wheat Bread Mixed Green Salad w/Dressing Applesauce	⁸ Tzatziki Turkey Salad Chickpea Salad Naan Bread Dippers Diced Pears	⁹ Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fresh Apple
¹⁰ Sliced Turkey Cheddar Cheese Lettuce, Tomato, and Onion Brioche Roll Pineapple Slaw Fresh Apple Mayo, Mustard	¹¹ <i>New!</i> Honey Mustard Chicken Salad Croissant Confetti Coleslaw Mixed Fruit	¹² <i>New!</i> Dill Egg Salad Whole Wheat Bread(2) Carrot Raisin Salad Mandarin Oranges	¹³ Lemon Pepper Tuna Salad WW Pita Pocket Three Bean Salad Fresh Orange	¹⁴ <i>New!</i> California Chicken Salad over Greens Mandarin Beet Salad Whole Wheat Roll Pineapple Tidbits	¹⁵ Turkey Ham Swiss Cheese Lettuce, Tomato, and Onion Marinated Green Bean & Tomato Salad Kaiser Roll Diced Peaches Mayo, Mustard	¹⁶ Grilled Chicken Salad with Cheese Over Greens Saltine Crackers Fresh Pear Balsamic Vinaigrette
¹⁷ Sliced Roast Beef Provolone Cheese Lettuce, Tomato, and Onion Brioche Roll Let/Tom/Onion Lemon Dijon Carrot Salad Pineapple Tidbits	¹⁸ Tuna Mac Salad Cucumber Salad Whole Wheat Roll Mandarin Oranges <i>New!</i>	¹⁹ Chicken Caesar Wrap Copper Penny Salad Diced Pears	²⁰ Mandarin Crab Salad over Greens Carrot Slaw Whole Wheat Roll Fresh Orange <i>New!</i>	²¹ Thai Chicken Salad Cucumber and Tomato Salad Saltine Crackers Fresh Apple	²² Cornbeef Swiss Cheese Lettuce, Tomato, and Onion Coleslaw Rye Bread Fresh Pear Spicy Brown Mustard	²³ Turkey Ham Provolone Cheese Lettuce, Tomato, and Onion Black Bean and Corn Salad Kaiser Roll Mixed Fruit Mayonnaise & Mustard
²⁴ Hummus Feta Cheese Lettuce, Tomato, & Onion WW Pita Pocket Apple Slaw Fresh Pear	²⁵ Sliced Ham Swiss Cheese Lettuce, Tomato, & Onion Green Pea Salad Kaiser Roll Mandarin Oranges Mayonnaise, Mustard	²⁶ Baja Chicken Salad Cilantro Slaw WG Totilla Chips Pineapple Tidbits	²⁷ Salmon Caesar Salad Caesar Sld Dressing Mediterranean Lentil Salad Garlic Texas Bread Fresh Orange	²⁸ Italian Chicken Pasta Salad Marinated California Salad WG Garlic Breadstick <i>New!</i> Raisins	²⁹ Sliced Roast Beef Swiss Cheese Pumpkin Bread Lettuce, Tomato, & Onion <i>New!</i> Bayou Coleslaw Fresh Apple Mayo, Mustard	³⁰ Sliced Turkey Breast, Sliced Turkey Ham, & Roast Beef Provolone Cheese Lettuce, Tomato, & Onion Brioche Roll Three Bean Salad Diced Peaches <i>New!</i> Mayo, Mustard
³¹ Turkey Ham Provolone Lettuce, Tomato, & Onion WG Hamburger Bun Honey Lime Corn Salad Fresh Orange Mayo, Mustard				Beverage of Choice: Milk or Juice		