Meals on Wheels San Diego County		Gluten Friendly Meal #1			March 2023	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: milk, soymilk, juice, or bottled water. Menu subject to change.		Turkey & Gravy Mashed Potatoes Broccoli	Beef Burgundy Mashed Potatoes Green Beans	Mandarin Chicken over Brown Rice Oriental Blend Vegetables Peas	BBQ Pork Riblet Mashed Potatoes Spinach	Teriyaki Chicken over Brown Rice Peas Creamed Corn
6 Chili with Corn Green Beans Pears	<b>7</b> Roast Beef & Gravy Baked Potato Turnip Greens	8 BBQ Pork Riblet Baked Beans Creamed Spinach	9 Turkey Enchilada Casserole Pinto Beans Mexi-Corn	Chicken Chow Mein over Brown Rice Green Peas and Corn	Beef Enchilada Mexi-Corn Poached Pears	Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto beans
Scrambled Eggs with Ham Hashed Brown Potatoes Baked Beans	14 Glazed Turkey Ham Mashed Potatoes Green Beans	Pepper Steak in Gravy Country Style Hashed Browns Zucchini	Chicken Fajitas Brown Rice Mexi-Corn	Beef Stew Potatoes Mixed Vegetables	Curried Chicken Strips Brown Rice Mixed Vegetables Cauliflower	Beef Burgundy Mashed Potatoes Green Beans
Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto Beans	Beef Steak and Onion Gravy over Brown Rice Broccoli Ital. Mixed Veggie	Chicken Chow Mein over Brown Rice Green Beans Corn	Glazed Turkey Ham Mashed Potatoes Green Beans	Beef Steak and Onion Gravy over Brown Rice Broccoli Ital. Mixed Veggie	Turkey & Gravy Sweet Potatoes Scandinavian Vegetables	BBQ Pork Riblet Baked Beans Creamed Spinach
Beef & Cheese Enchilada Mexi-corn Poached Peaches	Chicken Fajitas Brown Rice Mexi-Corn	Chili Peas & Corn Carrots	Mandarin Chicken over Brown Rice Oriental Blend Veg Peas	Beef Burgundy Mashed Potatoes Green Beans		