


<i>Meals on Wheels San Diego County</i>			<b>Lunch</b>			<i>Meal Center Copy: May 2023</i>	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
Soup of the Day	Harvest Chicken	Asian Slaw with	BBQ Beef Sandwich	Pasta w/ Roasted	Chicken Salad	Turkey Loaf	
1/2 Egg Salad Sand.	Salad/Carrots	Teriyaki Steak Strips	Veggie Blend Cup	Tuna Steak	Sandwich	Sandwich	
Zucchini Cup	Fruit	Jicama & Cucumber	Fruit	Beet Cup	Green Bean Salad	Mexican Macaroni	
Fruit	Cookie	Fruit	Muffin	Fruit	Fruit	Fruit	
		Fortune Cookie		Chewy Granola Bar	Muffin	Cookie	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
Chef's Choice	Asian Noodle Veggie	Cheese Cucumber	Turkey Salad	Gumbo with Turkey	BBQ Beef Sandwich	Turkey & Cheese Club	
Soup and Salad	Bowl w/Chicken	Club Sandwich	Sandwich	Sausage & Chicken	Potato Salad	Sandwich	
with Chicken	Beet Cup	3-Bean Salad	Cuke & Tomato	Celery Parsley Cup	Fruit	Veggie Blend Cup	
Fruit	Fruit	Fruit	Fruit	Fruit	PB Chocolate Bites	Fruit	
	Fortune Cookie	Cookie	Muffin	Cornbread Muffin		Peach Yogurt	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
Italian Tortellini Pasta	Chinese Chicken	Barley and Wild Rice	Roast Beef &	Traditional Cobb	Chicken Salad	Gumbo with Turkey	
w/Olives & Tomatoes	Salad/Carrots	with Roasted Tuna	Cheddar Sandwich	Salad	Sandwich	Sausage & Chicken	
Zucchini Cup	Fruit	Tangy Coleslaw	Veggie Salad w/Mint	Fruit	3 - Bean Salad	Veggie Blend Cup	
Fruit	Fortune Cookie	Fruit	Fruit	Cookie	Fruit	Fruit	
		Cookie	PB Chocolate Bite		Muffin	Cornbread Muffin	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
Chef's Choice	Mediterranean Orzo	Steak, Barley & Kale	Cheese Cucumber	Black Bean Mango	Turkey Sandwich	Chicken Pesto	
Soup and	Bowl w/Chicken	Bowl	Sub Sandwich	Couscous w/ Salmon	Confetti Broccoli Cup	Sandwich	
Salad w/Chicken	Beet Cup	Potato Salad	Tangy Coleslaw	Jicama & Cucumber	Fruit	Pepper/Bean Cup	
Fruit	Fruit	Fruit	Fruit	Fruit	Cookie	Fruit	
	Cookie	Cookie	Muffin	Cookie		Cookie	
<b>29</b>	<b>30</b>	<b>31</b>					
Italian Tortellini Pasta	Chicken Caesar Salad	Veggie Sub				Beverage choice: milk,	
w/Olives & Tomatoes	3-Bean Salad	Sandwich				soymilk, juice, or	
Zucchini Cup	Fruit	Baby Carrots				bottled water.	
Fruit	Cookie	Fruit				Menu subject	
		Muffin				to change.	