Meals on Wheels San Diego County		Lunch			October 2023	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: milk, soymilk, juice, or bottled water. Menu subject to change.						Chicken Pesto Sandwich Pepper/Bean Cup Fruit Cookie
2	3	4	5	6	7	8
Italian Tortellini Pasta	Chicken Caesar Salad	Veggie Sub	Southwest Chicken	Asian Slaw with	Chicken Salad	Turkey & Cheese Club
w/Olives & Tomatoes	3-Bean Salad	Sandwich	Salad	Teriyaki Steak Strips	Sandwich	Veggie Blend Cup
Zucchini Cup	Fruit	Baby Carrots	Celery Parsley Cup	Jicama & Cucumber	3-Bean Salad	Fruit
Fruit	Cookie	Fruit	Fruit	Fruit	Fruit	Cookie
		Muffin		Fortune Cookie	Cookie	
9	10	11	12	13	14	15
Soup of the Day	Asian Noodle Veggie	Roast Beef &	Steak, Barley & Kale	Orange Chicken w/	Turkey Salad	Chicken Pesto
1/2 Turkey Sand.	Bowl w/Chicken	Cheddar Sandwich	Bowl	Udon Noodles	Sandwich	Sandwich
Blk Bean Corn Salad	Beet Cup	Carrot Raisin Salad	Potato Salad	and Edamame	Confetti Broccoli	Pepper/bean Cup
Fruit	Fruit	Fruit	Fruit	Jicama/Cucumber	Fruit	Fruit
	Fortune Cookie	Muffin	Cookie	Fruit	Cookie	Muffin
16	17	18	19	20	21	22
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	Carrot Raisin Salad	Mexican Macaroni
Fruit	Cookie	Fruit	Muffin	Fruit	Fruit	Fruit
		Fortune Cookie		Cookie	Muffin	Cookie
23	24	25	26	27	28	29
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	Cucumber & Jicama	Fruit	Veggie Blend Cup
Fruit	Fruit	Fruit	Fruit	Fruit	Muffin	Fruit
	Fortune Cookie	Cookie	Muffin	Cornbread Muffin		Peach Yogurt
30	31					- 0 0
Italian Tortellini Pasta	Chinese Chicken		300		0000	
w/Olives & Tomatoes	Salad/Carrots		(Die			
Zucchini Cup	Fruit					
Fruit	Fortune Cookie					