Meals on Wheels :	San Diego County	Renal Friendly #1			October 2023	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: milk, soymilk, juice, or bottled water. Menu subject to change.						Santa Fe Chicken over Brown Rice Refried Beans Chuckwagon Corn
Beef Stroganoff Carrots Lima Beans	3 Chicken Chow Mein over Brown Rice Corn Carrots	4 Beef Burgundy Mashed Potatoes Carrots	5 Beef Steak & Onion Gravy over Brown Rice Carrots Ital. Mixed Veggies	6 Chicken Fettuccini in Alfredo Sauce Peas Carrots	7 Teriyaki Chicken over Brown Rice Peas Creamed Corn	8 Beef Stroganoff Carrots Lima Beans
9 Beef Burgundy Mashed Potatoes Carrots	Baked Chicken over Brown Rice Mashed Potatoes Broccoli	Santa Fe Chicken over Brown Rice Refried Beans Chuckwagon Corn	Beef Stroganoff Carrots Lima Beans	Swiss Steak w/Gravy Sweet Potato Cannellini Beans	Chicken Noodle Casserole Mixed Vegetables Broccoli	Chicken Fettuccini in Alfredo Sauce Peas Carrots
16 Beef Steak & Onion Gravy over Brown Rice Carrots Ital. Mixed Veggie	Chicken Chow Mein over Brown Rice Corn Carrots	Teriyaki Meatballs over Brown Rice Green Beans Cauliflowerw/ Mushrooms	Chicken Noodle Casserole Mixed Vegetables Broccoli	Teriyaki Chicken over Brown Rice Peas Creamed Corn	Swiss Steak w/Gravy Sweet Potato Cannellini Beans	Chicken Fettuccini in Alfredo Sauce Peas Carrots
Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	Chicken Fettuccini in Alfredo Sauce Peas Carrots	Beef Burgundy Mashed Potatoes Carrots	26 Swiss Steak w/Gravy Sweet Potato Cannellini Beans	Chicken Noodle Casserole Mixed Vegetables Broccoli	Beef Stroganoff Carrots Lima Beans	Santa Fe Chicken over Brown Rice Refried Beans Chuckwagon Corn
30 Beef Steak & Onion Gravy over Brown Rice Carrots Ital. Mixed Veggie	Beef Stroganoff Carrots Lima Beans					