

Meals on Wheels San Diego County		Latin Entrée			November 2023		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Beverage Choice: Milk, soymilk, juice, or bottled water. Menu subject to change.		1 Pollo Cocido over Rice Zucchini with Peppers Green Beans	2 Chicken Fettuccini in Alfredo Sauce Peas Carrots	3 Santa Fe Chicken over Brown Rice Refried Beans Chuckwagon Corn	4 Swiss Steak w/Gravy Sweet Potato Cannellini Beans	5 Macaroni & Meat Casserole Succotash Broccoli	
6 Chicken Ranchero over Rice Pinto Beans California Blend Vegetables	7 Beef Steak & Onion Gravy over Brown Rice Carrots Ital. Mixed Veggie	8 Teriyaki Chicken over Brown Rice Mixed Vegetables Corn	9 Cheese Enchilada Corn with Peppers Peas	10 Turkey Enchilada Casserole Pinto Beans Mexi-Corn	11 Teriyaki Meatballs over Brown Rice Green Beans Cauliflower with Mushrooms	12 Pollo Santa Fe over Rice Refried Beans Broccoli	
13 Beef & Cheese Enchilada Mexi-Corn Poached Peaches	14 Tinga de Pollo over Rice Chipotle Sweet Potatoes Peas	15 Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potatoes	16 Carne de Res over Rice Mixed Vegetables Pinto Beans	17 Chicken Fettuccini in Alfredo Sauce Peas Carrots	18 Teriyaki Chicken over Brown Rice Peas Creamed Corn	19 Cheese Enchilada Corn with Peppers Peas	
20 Pollo Adobo Chipotle Sweet Potatoes Stewed Tomatoes	21 Pollo Cocido over Rice Zucchini with Peppers Green Beans	22 Chicken Ranchero over Rice Pinto Beans California Blend Vegetables	23 Beef & Cheese Enchilada Mexi-Corn Poached Peaches	24 Swiss Steak w/Gravy Garlic Mashed Potatoes Green Beans	25 Pollo Santa Fe over Rice Refried Beans Broccoli	26 Chicken Enchilada Refried Beans Peas with Peppers	
27 Chicken Cordon Bleu over Brown Rice California Veggies Cinnamon Apples	28 Chicken Chow Mein over Brown Rice Corn Carrots	29 Beef & Cheese Enchilada Mexi-Corn Poached Peaches	30 Turkey Enchilada Casserole Pinto Beans Mexi-Corn				