

Meals on Wheels San Diego County			Lunch			April 2024	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1 Soup of the Day 1/2 Egg Salad Sand. Zucchini Cup Fruit	2 Harvest Chicken Salad/Carrots Fruit Cookie	3 Asian Slaw with Teriyaki Steak Strips Jicama & Cucumber Fruit Fortune Cookie	4 BBQ Beef Sandwich Veggie Blend Cup Fruit Muffin	5 Pasta w/ Roasted Tuna Steak Beet Cup Fruit Cookie	6 Chicken Salad Sandwich Carrot Raisin Salad Fruit Muffin	7 Turkey Loaf Sandwich Mexican Macaroni Fruit Cookie	
8 Chef's Choice Soup and Salad with Chicken Fruit	9 Asian Noodle Veggie Bowl w/Chicken Beet Cup Fruit Fortune Cookie	10 Cheese Cucumber Club Sandwich 3-Bean Salad Fruit Cookie	11 Turkey Salad Sandwich Cuke & Tomato Fruit Muffin	12 Gumbo with Turkey Sausage & Chicken Cucumber & Jicama Fruit Cornbread Muffin	13 BBQ Beef Sandwich Potato Salad Fruit Muffin	14 Turkey & Cheese Club Sandwich Veggie Blend Cup Fruit Peach Yogurt	
15 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	16 Chinese Chicken Salad/Carrots Fruit Fortune Cookie	17 Barley and Wild Rice with Roasted Tuna Tangy Coleslaw Fruit Cookie	18 Roast Beef & Cheddar Sandwich Veggie Salad w/Mint Fruit Muffin	19 Traditional Cobb Salad Fruit Cookie	20 Chicken Salad Sandwich 3-Bean Salad Fruit Muffin	21 Gumbo with Turkey Sausage & Chicken Cucumber & Jicama Fruit Cornbread Muffin	
22 Carne Asada Bowl w/Cilantro Lime Rice Baby Carrots Fruit Corn Tortillas	23 Mediterranean Orzo Bowl w/Chicken Beet Cup Fruit Cookie	24 Steak, Barley & Kale Bowl Potato Salad Fruit Cookie	25 Cheese Cucumber Sub Sandwich Tangy Coleslaw Fruit Muffin	26 Black Bean Mango Couscous w/ Salmon Jicama & Cucumber Fruit Cookie	27 Turkey Sandwich Confetti Broccoli Cup Fruit Cookie	28 Chicken Pesto Sandwich Pepper/Bean Cup Fruit Cookie	
29 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	30 Chicken Caesar Salad 3-Bean Salad Fruit Cookie					Beverage choice: Milk, soymilk, juice or bottled water. Menu subject to change.	