


Meals on Wheels San Diego County		Lunch					May 2024
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Beverage choice: milk, soymilk, juice, or bottled water. Menu subject to change.		1	2	3	4	5	
		Veggie Sub Sandwich Baby Carrots Fruit Muffin	Southwest Chicken Salad Celery Parsley Cup Fruit	Asian Slaw with Teriyaki Steak Strips Jicama & Cucumber Fruit Fortune Cookie	Chicken Salad Sandwich 3-Bean Salad Fruit Cookie	Turkey & Cheese Club Sandwich Veggie Blend Cup Fruit Cookie	
6 Soup of the Day 1/2 Turkey Sand. Blk Bean Corn Salad Fruit	7 Asian Noodle Veggie Bowl w/Chicken Beet Cup Fruit Fortune Cookie	8 Roast Beef & Cheddar Sandwich Carrot Raisin Salad Fruit Muffin	9 Steak, Barley & Kale Bowl Potato Salad Fruit Cookie	10 Orange Chicken w/ Udon Noodles and Edamame Jicama/Cucumber Fruit	11 Turkey Salad Sandwich Confetti Broccoli Fruit Cookie	12 Chicken Pesto Sandwich Pepper/bean Cup Fruit Muffin	
13 Soup of the Day 1/2 Egg Salad Sand. Zucchini Cup Fruit	14 Harvest Chicken Salad/Carrots Fruit Cookie	15	16	17	18	19 Turkey Loaf Sandwich Mexican Macaroni Fruit Cookie	
		Asian Slaw with Teriyaki Steak Strips Jicama & Cucumber Fruit Fortune Cookie	BBQ Beef Sandwich Veggie Blend Cup Fruit Muffin	Pasta w/ Roasted Tuna Steak Beet Cup Fruit Cookie	Chicken Salad Sandwich Carrot Raisin Salad Fruit Muffin		
20 Chef's Choice Soup and Salad with Chicken Fruit	21 Asian Noodle Veggie Bowl w/Chicken Beet Cup Fruit Fortune Cookie	22 Cheese Cucumber Club Sandwich 3-Bean Salad Fruit Cookie	23 Turkey Salad Sandwich Cuke & Tomato Fruit Muffin	24 Gumbo with Turkey Sausage & Chicken Cucumber & Jicama Fruit Cornbread Muffin	25 BBQ Beef Sandwich Potato Salad Fruit Muffin	26 Turkey & Cheese Club Sandwich Veggie Blend Cup Fruit Peach Yogurt	
27 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	28 Chinese Chicken Salad/Carrots Fruit Fortune Cookie	29 Barley and Wild Rice with Roasted Tuna Tangy Coleslaw Fruit Cookie	30 Roast Beef & Cheddar Sandwich Veggie Salad w/Mint Fruit Muffin	31 Traditional Cobb Salad Fruit Cookie	