Meals on Wheels San Diego County		Renal Friendly Meal #1			May 2024	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: milk, soymilk, juice, or bottled water. Menu subject to change.		1 Beef Burgundy Mashed Potatoes Carrots	2 Pasta Shells & Meat Sauce Italian Blend Corn	<b>3</b> Chicken Fettuccini in Alfredo Sauce Peas Carrots	<b>4</b> Cheese Cannelloni Kidney Beans Italian Green Beans	<b>5</b> Swedish Meatballs over Egg Noodles Mixed Vegetables Lima Beans
<b>6</b> Beef Burgundy Mashed Potatoes Carrots	<b>7</b> Macaroni & Meat Casserole Succotash Broccoli	<b>8</b> Santa Fe Chicken over Brown Rice Refried Beans Chuckwagon Corn	<b>9</b> Spaghetti & Meat Sauce Peas Asian Blend	10 Swiss Steak w/Gravy Sweet Potato Collard Greens	11 Turkey Noodle Casserole Mixed Vegetables Broccoli	12 Chicken Fettuccini in Alfredo Sauce Peas Carrots
13 Pasta Shells & Meat Sauce Italian Blend Veg Corn	14 Turkey & Gravy Spinach Mashed Potatoes	15 Teriyaki Meatballs over Brown Rice Green Beans Cauliflower w/ Mushrooms	<b>16</b> Turkey Noodle Casserole Mixed Vegetables Broccoli	17 Chicken Cordon Blue over Brown Rice California Blend Veggies Corn	18 Swiss Steak w/Gravy Sweet Potato Collard Greens	<b>19</b> Santa Fe Chicken over Brown Rice Refried Beans Chuckwagon Corn
<b>20</b> Macaroni & Meat Casserole Succotash Broccoli	<b>21</b> Chicken Fettuccini in Alfredo Sauce Peas Carrots	22 Beef Burgundy Mashed Potatoes Carrots	23 Swiss Steak w/Gravy Sweet Potato Collard Greens	<b>24</b> Cheese Cannelloni Kidney Beans Italian Green Beans	25 Swedish Meatballs over Egg Noodles Mixed Vegetables Lima Beans	<b>26</b> Chicken & Gravy over Mixed Rice Spinach Apple Betty
27 Pasta Shells & Meat Sauce Italian Blend Veg Corn	28 Teriyaki Chicken over Brown Rice Peas Creamed Corn	<b>29</b> Spaghetti & Meat Sauce Peas Asian Blend Veg	<b>30</b> Chicken Fettuccini in Alfredo Sauce Peas Carrots	<b>31</b> Beef Burgundy Mashed Potatoes Carrots		