

Meals on Wheels San Diego County		County Entrée Meal #1					Meal Center Copy: October 2024
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
All meals include roll & fruit, and choice of milk, soymilk, juice, of bottled water. Menu subject to change.	1 Teriyaki Chicken over Brown Rice Peas Creamed Corn	2 Spaghetti & Meat Sauce Peas Asian Blend Veg	3 Chicken Fettuccini in Alfredo Sauce Peas Carrots	4 Beef Burgundy Mashed Potatoes Carrots	5 Salisbury Steak & Gravy Potatoes O'Brien Black Eyed Peas	6 Macaroni & Meat Casserole Succotash Broccoli	
7 Swiss Steak w/Gravy Sweet Potato Collard Greens	8 Pasta Shells & Meat Sauce Italian Blend Veg Corn	9 Sweet & Sour Chicken Chicken over Brown Rice Asian Blend Veg Peas	10 Chicken Cordon Blue over Brown Rice California Blend Veggies Corn	11 Beef Burgundy Mashed Potatoes Carrots	12 Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	13 Chicken Breast in Green Chili Cream Sauce over Brn Rice Refried Beans Chuckwagon Corn	
14 Chicken Chow Mein over Brown Rice Asian Blend Corn	15 Turkey & Gravy Spinach Mashed Potatoes	16 Beef Burgundy Mashed Potatoes Carrots	17 Pasta Shells & Meat Sauce Italian Blend Corn	18 Chicken Fettuccini in Alfredo Sauce Peas Carrots	19 Cheese Cannelloni Kidney Beans Italian Green Beans	20 Swedish Meatballs over Egg Noodles Mixed Vegetables Lima Beans	
21 Beef Burgundy Mashed Potatoes Carrots	22 Macaroni & Meat Casserole Succotash Broccoli	23 Chicken Breast in Green Chili Cream Sauce over Brn Rice Refried Beans Chuckwagon Corn	24 Spaghetti & Meat Sauce Peas Asian Blend	25 Swiss Steak w/Gravy Sweet Potato Collard Greens	26 Turkey Noodle Casserole Mixed Vegetables Broccoli	27 Chicken Fettuccini in Alfredo Sauce Peas Carrots	
28 Pasta Shells & Meat Sauce Italian Blend Veg Corn	29 Turkey & Gravy Spinach Mashed Potatoes	30 Teriyaki Meatballs over Brown Rice Green Beans Cauliflower w/ Mushrooms	31 Turkey Noodle Casserole Mixed Vegetables Broccoli				

The requested donation for each meal is \$3.00. Your contribution is purely voluntary. You will not be denied a meal if you choose not to contribute. Please call (760) 736-9900 if you have any questions. This nutrition program is supported in part by the County of San Diego, Aging & Independent Services. All meals also include fruit of the day and a roll.

*The meal contains greater than 1000 mg of sodium