Meals on Wheels	San Diego County		Entrée Meal #1		Meal Center Copy: September 2024	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: Milk, soymilk, juice, or bottled water. Menu subject to change.						Chicken Breast in Cream Sauce over Refried Beans Chuckwagon Corn
Chicken Chow Mein over Brown Rice Asian Blend Veggies Corn	Cheese Enchilada Corn w/Peppers Peas	4 Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	Pasta Shells & Meat Sauce Italian Blend Veg Corn	6 Chicken Fettucini in Alfredo Sauce Peas Carrots	7 Cheese Cannelloni Kidney Beans Italian Green Beans	8 Swedish Meatballs over Egg Noodles Mixed Veggies Lima Beans
9 Beef Burgundy Mashed Potatoes Carrots	Macaroni & Meat Casserole Succotash Broccoli	Chicken Breast in Cream Sauce over Refried Beans Chuckwagon Corn	Spaghetti & Meat Sauce Peas Asian Blend Veggies	Swiss Steak w/Gravy Sweet Potato Collard Greens	Turkey Noodle Casserole Mixed Vegetables Broccoli	Chicken Enchilada Refried Beans Peas w/Peppers
Pasta Shells & Meat Sauce Italian Blend Veg Corn	Chicken Chow Mein over Brown Rice Corn Carrots	Beef & Cheese Enchilada Mexi-Corn Poached Peaches	Turkey Noodle Casserole Mixed Vegetables Broccoli	20 Chicken Cordon Blue over Brown Rice California Blend Veg Corn	21 Rotini & Meat Sauce Mixed Vegetables Poached Pears	Chicken Breast in Cream Sauce over Refried Beans Chuckwagon Corn
Macaroni & Meat Casserole Succotash Broccoli	Chicken Fettucini in Alfredo Sauce Peas Carrots	Curry Chicken over Brown Rice Sweet Potato Mixed Vegetables	26 Swiss Steak w/Gravy Sweet Potato Collard Greens	27 Cheese Cannelloni Kidney Beans Italian Green Beans	28 Chicken Primavera Rotini Carrots Green Beans	Beef & Cheese Enchilada Mexi-Corn Poached Peaches
Beef Steak & Onion Gravy over Brown Rice Carrots Ital. Mixed Veggie						