Meals on Wheels San Diego County			Gluten Friendly 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 Enchilada Corn Tortilla Refried Beans Peas & Red Peppers
Beef Stew Potatoes Carrots	Swiss Steak Sweet Potatoes French Cut Green Beans	4 BBQ Pork Riblet Mashed Potatoes Spinach	Turkey Enchilada Casserole Pinto Beans Mexi-Corn	6 Vegetable Chili Carrots Corn	Beef & Cheese Enchilada Mexi-Corn Poached Pears	8 Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto Beans
9 Beef Burgundy Mashed Potatoes Carrots	10 Glazed Turkey Ham Mashed Potatoes Green Beans	Pepper Steak in Gravy Country Style Hashed Browns Carrots	Chicken Fajitas Brown Rice Mexi-Corn	Beef Stew Potatoes Carrots	14 Sweet & Sour Chicken over Rice Asian Blend Veg Peas	Scrambled Eggs with Turkey Ham Hashed Browns Cinnamon Apples
Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto Beans	Beef Steak and Onion Gravy over Brown Rice Carrots Italian Vegetables	Vegetable Chili Carrots Corn	19 Glazed Turkey Ham Mashed Potatoes Green Beans	Beef Steak and Onion Gravy over Brown Rice Carrots Italian Vegetables	Turkey Pot Roast Brown Rice Broccoli Carrots	BBQ Pork Riblet Mashed Potatoes Spinach
Beef & Cheese Enchilada Mexi-Corn Poached Pears	Chicken Fajitas Brown Rice Mexi-Corn	Pepper Steak in Gravy Country Style Hashed Browns Carrots	26 Mandarin Chicken over Brown Rice Asian Blend Veg Peas	Beef Burgundy Mashed Potatoes Carrots	28 BBQ Chicken & Rice Mashed Potatoes Spinach	Scrambled Eggs with Turkey Ham Hashed Browns Cinnamon Apples
Turkey Enchilada Casserole Pinto Beans Mexi-Corn						