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