Meals on Wheels San Diego County		ŀ	Renal 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.	E Contraction				E Contraction	1 Chicken Breast in Green Chili Cream Sauce over Brn Rice Refried Beans Chuckwagon Corn	
2 Chicken Chow Mein over Brown Rice Asian Blend Veg Corn	3 Turkey & Gravy Spinach Mashed Potatoes	4 Beef Burgundy Mashed Potatoes Carrots	5 Pasta Shells & Meat Sauce Italian Blend Veg Corn	6 Chicken Fettuccini in Alfredo Sauce Peas Carrots	7 Cheese Cannelloni Kidney Beans Italian Green Beans	8 Swedish Meatballs over Egg Noodles Mixed Vegetables Lima Beans	
9 Beef Burgundy Mashed Potatoes Carrots	10 Macaroni & Meat Casserole Succotash Broccoli	11 Chicken Breast in Green Chili Cream Sauce over Brn Rice Refried Beans Chuckwagon Corn	12 Spaghetti & Meat Sauce Peas Asian Blend Veg	13 Swiss Steak w/Gravy Sweet Potato Collard Greens	14 Turkey Noodle Casserole Mixed Vegetables Broccoli	15 Chicken Fettuccini in Alfredo Sauce Peas Carrots	
16 Pasta Shells & Meat Sauce Italian Blend Veg Corn	17 Turkey & Gravy Spinach Mashed Potatoes	18 Teriyaki Meatballs over Brown Rice Green Beans Cauliflower w/ Mushrooms	19 Turkey Noodle Casserole Mixed Vegetables Broccoli	20 Chicken Cordon Blue over Brown Rice California Blend Veggies Corn	21 Swiss Steak w/Gravy Sweet Potato Collard Greens	22 Chicken Breast in Green Chili Cream Sauce over Brn Rice Refried Beans Chuckwagon Corn	
23 Macaroni & Meat Casserole Succotash Broccoli	24 Chicken Fettuccini in Alfredo Sauce Peas Carrots	25 Beef Burgundy Mashed Potatoes Carrots	26 Swiss Steak w/Gravy Sweet Potato Collard Greens	27 Cheese Cannelloni Kidney Beans Italian Green Beans	28 Swedish Meatballs over Egg Noodles Mixed Vegetables Lima Beans	29 Chicken & Gravy over Mixed Rice Spinach Apple Betty	
30 Pasta Shells & Meat Sauce Italian Blend Veg Corn							