

<i>Meals on Wheels San Diego County</i>		Lunch			<i>Meal Center Copy: October 2024</i>	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: soymilk, juice, or bottled water. Menu subject to change.	1 Chinese Chicken Salad/Carrots Fruit Fortune Cookie	2 Barley and Wild Rice with Roasted Tuna Tangy Coleslaw Fruit Cookie	3 Roast Beef & Cheddar Sandwich Veggie Salad w/Mint Fruit Muffin	4 Traditional Cobb Salad Fruit Cookie	5 Chicken Salad Sandwich 3-Bean Salad Fruit Muffin	6 Gumbo with Turkey Sausage & Chicken Cucumber & Jicama Fruit Cornbread Muffin
7 Carne Asada Bowl w/Cilantro Lime Rice Baby Carrots Fruit Corn Tortillas	8 Mediterranean Orzo Bowl w/Chicken Beet Cup Fruit Cookie	9 Steak, Barley & Kale Bowl Potato Salad Fruit Cookie	10 Cheese Cucumber Sub Sandwich Tangy Coleslaw Fruit Muffin	11 Black Bean Mango Couscous w/ Salmon Jicama & Cucumber Fruit Cookie	12 Turkey Sandwich Confetti Broccoli Cup Fruit Cookie	13 Chicken Pesto Sandwich Pepper/Bean Cup Fruit Cookie
14 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	15 Chicken Caesar Salad 3-Bean Salad Fruit Cookie	16 Veggie Sub Sandwich Baby Carrots Fruit Muffin	17 Southwest Chicken Salad Celery Parsley Cup Fruit	18 Asian Slaw with Teriyaki Steak Strips Jicama & Cucumber Fruit Fortune Cookie	19 Chicken Salad Sandwich 3-Bean Salad Fruit Cookie	20 Turkey & Cheese Club Veggie Blend Cup Fruit Cookie
21 Soup of the Day 1/2 Turkey Sand. Blk Bean Corn Salad Fruit	22 Asian Noodle Veggie Bowl w/Chicken Beet Cup Fruit Fortune Cookie	23 Roast Beef & Cheddar Sandwich Carrot Raisin Salad Fruit Muffin	24 Steak, Barley & Kale Bowl Potato Salad Fruit Cookie	25 Orange Chicken w/ Udon Noodles and Edamame Jicama/Cucumber Fruit	26 Turkey Salad Sandwich Confetti Broccoli Fruit Cookie	27 Chicken Pesto Sandwich Pepper/bean Cup Fruit Muffin
28 Soup of the Day 1/2 Egg Salad Sand. Zucchini Cup Fruit	29 Harvest Chicken Salad/Carrots Fruit Cookie	30 Asian Slaw with Teriyaki Steak Strips Jicama & Cucumber Fruit Fortune Cookie	31 BBQ Beef Sandwich Veggie Blend Cup Fruit Muffin			