Meals on Wheels San Diego County		Entrée Meal #1			Meal Center Copy: January 2025	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: Milk, soymilk, juice, or bottled water. Menu subject to change.	TEN TEN	1 Cheese Cannelloni Kidney Beans Italian Green Beans	Chicken Cordon Blue over Brown Rice California Blend Veg Corn	Beef Burgundy Mashed Potatoes Carrots	4 Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	Chicken Breast in Cream Sauce over Refried Beans Chuckwagon Corn
6 Chicken Chow Mein over Brown Rice Asian Blend Veggies Corn	7 Cheese Enchilada Corn w/Peppers Peas	8 Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	9 Pasta Shells & Meat Sauce Italian Blend Veg Corn	Chicken Fettucini in Alfredo Sauce Peas Carrots	11 Cheese Cannelloni Kidney Beans Italian Green Beans	Swedish Meatballs over Egg Noodles Mixed Veggies Lima Beans
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	19 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	24 Chicken Cordon Blue over Brown Rice California Blend Veg Corn	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	Swiss Steak w/Gravy Sweet Potato Collard Greens	Cheese Cannelloni Kidney Beans Italian Green Beans	NEW YEAR	