Meals on Wheels San Diego County		Lunch			February 2025	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: soymilk, juice, or bottled water. Menu subject to change.					1 BBQ Beef Sandwich Potato Salad Fruit Muffin	Z Turkey & Cheese Club Sandwich Veggie Blend Cup Fruit Peach Yogurt
3 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	Chinese Chicken Salad/Carrots Fruit Fortune Cookie	5 Barley and Wild Rice w Roasted Salmon Tangy Coleslaw Fruit Cookie	Roast Beef & Cheddar Sandwich Veggie Salad w/Mint Fruit Muffin	7 Traditional Cobb Salad Fruit Cookie	8 Chicken Salad Sandwich 3-Bean Salad Fruit Muffin	9 Gumbo with Turkey Sausage & Chicken Cucumber & Jicama Fruit Cornbread Muffin
Carne Asada Bowl w/Cilantro Lime Rice Baby Carrots Fruit Corn Tortillas	11 Mediterranean Orzo Bowl w/Chicken Beet Cup Fruit Cookie	Steak, Barley & Kale Bowl Potato Salad Fruit Cookie	Cheese Cucumber Sub Sandwich Tangy Coleslaw Fruit Muffin	14 Black Bean Mango Couscous w/ Salmon Jicama & Cucumber Fruit Cookie	Turkey Sandwich Confetti Broccoli Cup Fruit Cookie	Chicken Pesto Sandwich Pepper/Bean Cup Fruit Cookie
17 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	18 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
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		