



Meals on Wheels of San Diego County

Lunch Menu

March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Beverage Choice: Milk, Soy Milk, Juice, or Bottled Water.</p> <p>Menu Subject to Change</p>					<p>Italian Sandwich* <i>*Ham, Salami, Pepperoni, Provolone, Lettuce, Tomato, Onion, Mayo, and Creole Mustard on Italian Roll</i></p> <p>Lemon Dijon Carrot Salad Fruit</p>	<p>Turkey Breast & Muenster on Pumpernickel Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit</p>
<p>Steak Taco Salad* <i>*Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i></p> <p>Whole Grain Tortilla Chips Fruit</p>	<p>Pork & Pineapple Farro Bowl* <i>*Pork Loin, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i></p> <p>Fruit</p>	<p>Creole Seafood Salad on Croissant Citrus Carrot Salad Fruit</p>	<p>Cranberry Pecan Turkey Salad on Garlic & Heb Tortilla Wrap Tuscany Vegetable Salad Fruit</p>	<p>Asian Chicken Salad with Balsamic Vinaigrette Black Bean & Rice Salad Harvest Muffin Fruit Fortune Cookie</p>	<p>Chicken Salad with Grapes on Croissant Black-eyed Pea Salad Fruit</p>	<p>Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit</p>
<p>French Bistro Turkey Salad Venetian Pasta Salad Whole Grain Breadstick Fruit</p>	<p>Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit</p>	<p>Lemon Pepper Tuna Salad Whole Wheat Pita Bread Three Bean Salad Fruit</p>	<p>Harvest Chicken Bowl* <i>*Grilled Garlic-Herb Chicken, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i></p> <p>Fruit</p>	<p>Roast Beef & Swiss on Brioche Roll Lettuce/Tomato/Onion Lemon Dijon Carrot Salad Fruit</p>	<p>Krab Mac Salad Italian Cucumber Salad Blueberry Muffin Fruit</p>	<p>Turkey Breast & American Cheese on Kaiser Roll Lettuce/Tomato/Onion Copper Pennies Fruit</p>
<p>Pesto Chicken Breast on Croissant Potato Salad Fruit</p>	<p>Cobb Salad with Ranch Dressing Chick Pea Salad Whole Grain Blueberry Muffin Fruit</p>	<p>Corned Beef & Swiss on Rye Bread Lettuce/Tomato/Onion Coleslaw Fruit</p>	<p>Greek Chicken Salad with Dressing Naan Bread Dippers Pasta Salad Fruit</p>	<p>Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and Apple Slaw</i></p> <p>Fruit</p>	<p>Jerk Chicken Bowl* <i>*Jerk Chicken, Mango Salsa, Coconut Rice, and Broccoli</i></p> <p>Fruit</p>	<p>Reuben Sandwich on Rye Bread* <i>*Corned Beef, Sauerkraut, Swiss, and Thousand Island Dressing</i></p> <p>Copper Pennies Fruit</p>
<p>Salmon Caesar Salad with Caesar Dressing Mediterranean Lentil Salad Garlic Bread Fruit</p>	<p>Turkey Breast & Provolone on Sun-Dried Tomato Basil Tortilla Lettuce/Tomato/Onion Three Bean Salad Fruit</p>	<p>Roast Beef & Cheddar on Pumpernickel Bread Lettuce/Tomato/Onion Black-eyed Pea Salad Fruit</p>	<p>Chicken Caesar Wrap Italian Cucumber Salad Fruit</p>	<p>Chef Salad with Ranch Dressing Honey Lime Corn Salad Whole Grain Breadstick Fruit</p>	<p>Black & Bleu Salad with Bleu Cheese Dressing Venetian Pasta Salad Whole Wheat Roll Fruit</p>	<p>Club Sandwich on Croissant* <i>*Turkey Breast, Ham, Bacon, Cheddar, Swiss, Lettuce, Tomato, Mayo, and Honey Mustard</i></p> <p>Beet Salad Fruit</p>
<p>Mediterranean Chicken Quinoa Bowl* <i>*Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i></p> <p>Fruit</p>						