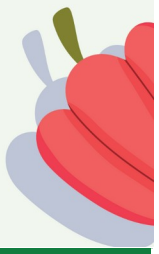
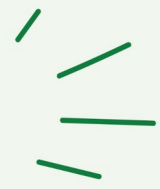


Meals on Wheels of San Diego County

Gluten Aware Menu

May 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Beverage Choice: Milk, Soy Milk, Juice, or Bottled Water.</p> <p><i>Menu Subject to Change</i></p>			<p>1 Mexican Picadillo Charro Beans Fiesta Vegetable Blend</p>	<p>2 Herbed Pork Potato Medley Green Bean Amantine</p>	<p>3 Chicken Breast Dijonnaise Sauce Brown Rice Collard Greens</p>	<p>4 Hamburger Patty Mushroom Gravy Whipped Potatoes Green Peas Baby Carrots</p>
<p>5 Chicken Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower</p>	<p>6 Pork Loin Poivre Sauce Roasted Sweet Potatoes Green Beans</p>	<p>7 Korean BBQ Chicken Brown Fried Rice Broccoli Florets</p>	<p>8 Roast Beef w/Gravy Garlic Whipped Potatoes Collard Greens</p>	<p>9 Blackened Tilapia Dirty Brown Rice Whole Kernel Corn</p>	<p>10 Baked Chicken Marinara Sauce Brown Rice Yellow Squash Brussels Sprouts</p>	<p>11 Roasted Turkey Breast Tarragon Sauce Black-eyed Peas Sliced Carrots</p>
<p>12 Pork Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend</p>	<p>13 Beef Tips in Gravy Whipped Potatoes Broccoli Florets</p>	<p>14 Tilapia Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots</p>	<p>15 Roasted Pork Loin Apple Cider Mustard Glaze Roasted Diced Potatoes California Vegetable Blend</p>	<p>16 Bruschetta Chicken Polenta Green Beans</p>	<p>17 Hamburger Patty Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn</p>	<p>18 Chicken Breast Pesto Sauce Confetti Rice Yellow Squash</p>
<p>19 Beef Patty with Onion Gravy Florentine Brown Rice Green Peas Glazed Carrots</p>	<p>20 Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend</p>	<p>21 Chicken Breast Poultry Gravy Whipped Potatoes Green Beans</p>	<p>22 BBQ Hamburger Oven Roasted Potatoes Mixed Vegetables</p>	<p>23 Tilapia with Dill Sauce Confetti Brown Rice Broccoli Florets</p>	<p>24 Baked Chicken Mango BBQ Sauce Baked Beans Collard Greens</p>	<p>25 Sloppy Joe Roasted Diced Potatoes Capri Vegetable Blend</p>
<p>26 Garlic Tilapia Lentil Vegetable Pilaf California Vegetable Blend</p>	<p>27 Curry Chicken Breast Coconut Brown Rice Green Peas Cauliflower</p>	<p>28 Hamburger Patty Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend</p>	<p>29 Buffalo Chicken Breast Oven Roasted Potatoes Ratatouille Broccoli Florets</p>	<p>30 Beef Patty Tater Tots Dilled Carrots</p>	<p>31 Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts</p>	