

Meals on Wheels of San Diego County

Fresh Lunch Menu

May 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>1 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>	<p>2 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>3 Turkey Breast & Muenster on Pumpernickel Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit</p>	<p>4 Steak Taco Salad* <i>*Beef Strips & Beef, Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i></p> <p>Whole Grain Tortilla Chips Fruit</p>
<p>5 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>6 Creole Seafood Salad on Croissant Citrus Carrot Salad Fruit</p>	<p>7 Cranberry Pecan Turkey Salad on Garlic & Heb Tortilla Wrap Tuscany Vegetable Salad Fruit</p>	<p>8 Asian Chicken Salad with Balsamic Vinegarett Black Bean & Rice Salad Harvest Muffin Fruit Fortune Cookie</p>	<p>9 Chicken Salad with Grapes on Croissant Black-eyed Pea Salad Fruit</p>	<p>10 Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit</p>	<p>11 French Bistro Turkey Salad Venetian Pasta Salad Whole Grain Breadstick Fruit</p>
<p>12 Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit</p>	<p>13 Lemon Pepper Tuna Salad Whole Wheat Pita Bread Three Bean Salad Fruit</p>	<p>14 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>15 Roast Beef & Swiss on Brioche Roll Lettuce/Tomato/Onion Lemon Dijon Carrot Salad Fruit</p>	<p>16 Krab Mac Salad Italian Cucumber Salad Blueberry Muffin Fruit</p>	<p>17 Turkey Breast & American Cheese on Kaiser Roll Lettuce/Tomato/Onion Copper Pennies Fruit</p>	<p>18 Pesto Chicken Breast on Croissant Potato Salad Fruit</p>
<p>19 Cobb Salad with Ranch Dressing Chick Pea Salad Whole Grain Blueberry Muffin Fruit</p>	<p>20 Corned Beef & Swiss on Rye Bread Lettuce/Tomato/Onion Coleslaw Fruit</p>	<p>21 Greek Chicken Salad with Dressing Naan Bread Dippers Pasta Salad Fruit</p>	<p>22 Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and W/W Pita Bread</i> Apple Slaw Fruit</p>	<p>23 Jerk Chicken Bowl* <i>*Jerk Chicken, Mango Salsa, Coconut Rice, and Broccoli</i></p> <p>Fruit</p>	<p>24 Reuben Sandwich on Rye Bread* <i>*Corned Beef, Sauerkraut, Swiss, and Thousand Island Dressing</i></p> <p>Copper Pennies Fruit</p>	<p>25 Salmon Caesar Salad with Caesar Dressing Mediterranean Lentil Salad Garlic Bread Fruit</p>
<p>26 Turkey Breast & Provolone on Sun-Dried Tomato Basil Tortilla Lettuce/Tomato/Onion Three Bean Salad Fruit</p>	<p>27 Roast Beef & Cheddar on Pumpernickel Bread Lettuce/Tomato/Onion Black-eyed Pea Salad Fruit</p>	<p>28 Chicken Caesar Wrap Italian Cucumber Salad Fruit</p>	<p>29 Chef Salad with Ranch Dressing Honey Lime Corn Salad Whole Grain Breadstick Fruit</p>	<p>30 Black & Bleu Salad with Bleu Cheese Dressing Venetian Pasta Salad Whole Wheat Roll Fruit</p>	<p>31 Club Sandwich on Croissant* <i>*Turkey Breast, Ham, Bacon, Cheddar, Swiss, Lettuce, Tomato, Mayo, and Honey Mustard</i></p> <p>Beet Salad Fruit</p>	