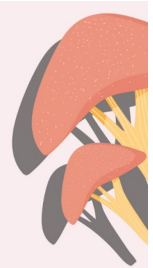




Meals on Wheels of San Diego County

Gluten Aware Menu

July 2025



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