



Meals on Wheels of San Diego County
Fresh Lunch Menu
August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beverage Choice: Milk, Soy Milk, Juice, or Bottled Water. <i>Menu Subject to Change</i>				¹ Club Sandwich on Croissant* <i>*Turkey Breast, Ham, Bacon, Cheddar, Swiss, Lettuce, Tomato, Mayo, and Honey Mustard</i> Beet Salad Fruit	² Mediterranean Chicken Quinoa Bowl* <i>*Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit	³ Italian Sandwich* <i>*Ham, Salami, Pepperoni, Provolone, Lettuce, Tomato, Onion, Mayo, and Creole Mustard on Italian Roll</i> Lemon Dijon Carrot Salad Fruit
⁴ Turkey Breast & Muenster on Pumpnickel Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit	⁵ Steak Taco Salad* <i>*Beef Strips & Beef, Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fruit	⁶ Pork & Pineapple Farro Bowl* <i>*Pork Loin, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	⁷ Creole Seafood Salad on Croissant Citrus Carrot Salad Fruit	⁸ Cranberry Pecan Turkey Salad on Garlic & Heb Tortilla Wrap Tuscany Vegetable Salad Fruit	⁹ Asian Chicken Salad with Balsamic Vinegarette Black Bean & Rice Salad Harvest Muffin Fruit Fortune Cookie	¹⁰ Chicken Salad with Grapes on Croissant Black-eyed Pea Salad Fruit
¹¹ Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	¹² French Bistro Turkey Salad Venetian Pasta Salad Whole Grain Breadstick Fruit	¹³ Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit	¹⁴ Lemon Pepper Tuna Salad Whole Wheat Pita Bread Three Bean Salad Fruit	¹⁵ Harvest Chicken Bowl* <i>*Grilled Garlic-Herb Chicken, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit	¹⁶ Roast Beef & Swiss on Brioche Roll Lettuce/Tomato/Onion Lemon Dijon Carrot Salad Fruit	¹⁷ Krab Mac Salad Italian Cucumber Salad Blueberry Muffin Fruit
¹⁸ Turkey Breast & American Cheese on Kaiser Roll Lettuce/Tomato/Onion Copper Pennies Fruit	¹⁹ Pesto Chicken Breast on Croissant Potato Salad Fruit	²⁰ Cobb Salad with Ranch Dressing Chick Pea Salad Whole Grain Blueberry Muffin Fruit	²¹ Corned Beef & Swiss on Rye Bread Lettuce/Tomato/Onion Coleslaw Fruit	²² Greek Chicken Salad with Dressing Naan Bread Dippers Pasta Salad Fruit	²³ Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and W/W Pita Bread</i> Apple Slaw Fruit	²⁴ Jerk Chicken Bowl* <i>*Jerk Chicken, Mango Salsa, Coconut Rice, and Broccoli</i> Fruit
²⁵ Reuben Sandwich on Rye Bread* <i>*Corned Beef, Sauerkraut, Swiss, and Thousand Island Dressing</i> Copper Pennies Fruit	²⁶ Salmon Caesar Salad with Caesar Dressing Mediterranean Lentil Salad Garlic Bread Fruit	²⁷ Turkey Breast & Provolone on Sun-Dried Tomato Basil Tortilla Lettuce/Tomato/Onion Three Bean Salad Fruit	²⁸ Roast Beef & Cheddar on Pumpnickel Bread Lettuce/Tomato/Onion Black-eyed Pea Salad Fruit	²⁹ Chicken Caesar Wrap Italian Cucumber Salad Fruit	³⁰ Chef Salad with Ranch Dressing Honey Lime Corn Salad Whole Grain Breadstick Fruit	³¹ Black & Bleu Salad with Bleu Cheese Dressing Venetian Pasta Salad Whole Wheat Roll Fruit