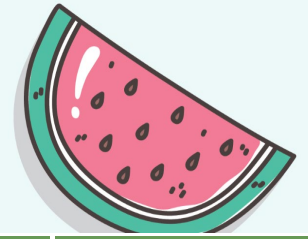


Meals on Wheels of San Diego County

Lunch Menu

September 2025



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