



Meals on Wheels San Diego County

Fresh Lunch Menu

September 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change	1 <i>New!</i> BBQ Chicken Salad Ranch Salad Dressing Marinated Green Bean Salad Saltine Crackers Fresh Apple	2 Hawaiian Chicken Salad Croissant Beet Salad Fresh Apple <i>New!</i>	3 Sliced Ham, Salami, and Pepperoni Provolone Cheese Lettuce, Tomato, & Onion Ciabatta Roll Lemon Dijon Carrot Salad Pineapple Tidbits Mayonnaise	4 Garden Chicken Salad Ranch Salad Dressing Green Pea Salad Diced Peaches <i>New!</i>	5 Sliced Turkey Breast Muenster Cheese Pumpkin Brd (2) Lettuce, Tomato & Onion Mandarin Beet Salad Mixed Fruit Mayonnaise Mustard	6 Roast Beef Cheddar Cheese Lettuce, Tomato & Onion Coleslaw Kaiser Roll Fresh Orange Spicy Brown Mustard
7 Labor Day Chicken parmesan WG Pasta Tuscany Vegetables Fruit Cup	8 Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Crackers Diced Pears	9 Deviled Egg Salad on WW Bread Cucumbers w/Creole Dressing Fresh Apple	10 Krab Mac Salad Coleslaw Whole Grain Corn Muffin Fresh Pear	11 Roast Beef & Cheddar Sandwich on WG Bun Lettuce/Tomato/Onion Potato Salad Fresh Orange	12 Mediterranean Chicken Quinoa Bowl Applesauce	13 Turkey Breast & Muenster on Rye Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Diced Peaches
14 Asian Chicken Salad w/Balsamic Vinegarette Black Bean & Rice Salad WG Corn Muffin Mixed Fruit Fortune Cookie	15 Steak Taco Salad WG Tortilla Chips Fresh Pear	16 Chicken Salad with Grapes w/WG Crackers Honey Lime Corn Salad Pineapple Tidbits	17 Lemon Pepper Tuna Salad Blueberry Muffin Coleslaw Fresh Orange	18 Roast Beef & Cheddar Sandwich on WW Bread Mixed Green Salad w/Dressing Applesauce	19 Tzatziki Turkey Salad Chickpea Salad Naan Bread Dippers Diced Pears	20 Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fresh Apple
21 Sliced Turkey Cheddar Cheese Lettuce, Tomato & Onion Brioche Roll Pineapple Slaw Fresh Apple Mayo & Mustard	22 <i>New!</i> Honey Mustard Chicken Salad Croissant Confetti Coleslaw Mixed Fruit	23 <i>New!</i> Dill Egg Salad Whole Wheat Bread(2) Carrot Raisin Salad Mandarin Oranges	24 Lemon Pepper Tuna Salad WW Pita Pocket Three Bean Salad Fresh Orange	25 California Chicken Salad over Greens Mandarin Beet Salad Whole Wheat Roll Pineapple Tidbits <i>New!</i>	26 Turkey Ham Swiss Cheese Lettuce, Tomato & Onion Marinated Green Bean & Tomato Salad Kaiser Roll Diced Peaches Mayo & Mustard	27 Grilled Chicken Salad with Cheese Over Greens Saltine Crackers Fresh Pear Balsamic Vinaigrette
28 Sliced Roast Beef Provolone Cheese Lettuce, Tomato & Onion Brioche Roll Lemon Dijon Carrot Salad Pineapple Tidbits	29 Tuna Mac Salad Cucumber Salad Whole Wheat Roll Mandarin Oranges <i>New!</i>	30 Chicken Caesar Wrap Copper Penny Salad Diced Pears		Beverage of Choice: Milk or Juice		