

Meals on Wheels San Diego County

Fresh Lunch Menu

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change			<i>New!</i> Mandarin Crab Salad over Greens Carrot Slaw Whole Wheat Roll Fresh Fruit	Thai Chicken Salad Cucumber and Tomato Salad Saltine Crackers Fresh Fruit	Cornbeef Swiss Cheese Lettuce, Tomato, and Onion Coleslaw Rye Bread Fresh Fruit Spicy Brown Mustard	Turkey Ham Provolone Cheese Lettuce, Tomato, and Onion Black Bean and Corn Salad Kaiser Roll Fresh Fruit Mayo and Mustard
Tzatziki Turkey Salad Lentil Mediterranean Salad Naan Bread Dippers Fruit	Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Crackers Fruit	Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	Krab Mac Salad Coleslaw Whole Grain Corn Muffin Fruit	Mediterranean Chicken Quinoa Bowl* *Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt Raisins	Roast Beef & Cheddar Sandwich on Whole Grain Bun Lettuce, Tomato, and Onion Carrot Raisin Salad Fruit Mayo and Mustard	Turkey Breast & Muenster on Rye Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit Mayo and Mustard
<i>New!</i> Southwest Chicken Wrap Fruit	Pork & Pineapple Farro Bowl* *Pork Loin, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, and Vinaigrette Fruit	Turkey Breast & Provolone on Whole Wheat Bread Lettuce/Tomato/Onion Italian Cucumber Salad Fruit	Crabmeat Salad w/Whole Grain Crackers Beet & Onion Salad Fruit	Cranberry Pecan Turkey Salad on Brioche Roll Tuscany Vegetable Salad Fruit	Turkey Ham & Swiss Sandwich <i>New!</i> on Whole Grain Bagel Bayou Coleslaw Fruit Mayo and Mustard	Corn beef and Swiss Sandwich on Rye Bread Lettuce, Tomato, and Onion Copper Penny Salad Fruit Spicy Brown Mustard
Asian Chicken Salad with Balsamic Vinaigrette Mandarin Beets w/Citrus Dressing Whole Grain Corn Muffin Fruit Fortune Cookie	Sliced Ham & Salami Sandwich Provolone Cheese on Whole Grain Bun Lettuce, Tomato, and Onion Pineapple Slaw Raisins Mayo and Mustard	Chicken Salad with Whole Grain Pita Honey Lime Corn Salad Fruit	Lemon Pepper Tuna Salad Blueberry Muffin Coleslaw Fruit	Beef Taco Salad *Ground Beef, Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream Whole Grain Tortilla Chips Fruit	Roast Beef & Cheddar Sandwich on Whole Wheat Bread Lettuce, Tomato, and Onion Carrot Raisin Salad Fruit Mayo and Mustard	Chicken with Mozzarella (sliced) on Ciabatta Roll Lettuce/Tomato/Onion Marinated Green Bean & Tomato Salad Fruit Mayo and Mustard
Harvest Chicken Bowl* *Grilled Garlic-Herb Chicken, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce Fruit	French Turkey Bistro Salad* *Turkey, Red Onion, Parsley, Northern Beans, Corn, and a French Dressing Venetian Pasta Salad Whole Grain Breadstick Fruit	<i>New!</i> Chicken Baja Salad Whole Grain Tortilla Chips Fruit	<i>New!</i> Tuna Pasta Salad w/Tossed Salad Fruit	Egg Salad on Whole Wheat Bread Potato Salad Fruit	Reuben Sandwich on Rye Bread Italian Cucumber Salad Fruit	