

Meals on Wheels San Diego County

Fresh Lunch Menu

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change						1 *Turkey & American Cheese* *on Kaiser Roll* *Lettuce/Tomato/Onion* *Three Bean Salad* *Fruit* *Mayo and Mustard*
2 *New! California Chicken Salad* *Whole Grain Pita* *Beet Salad* *Fruit*	3 *New! Turkey Cranberry Salad* *on Brioche Roll* *Coleslaw* *Fruit*	4 *New! Tarragon Egg Salad* *on Whole Wheat Bread* *Mixed Green Salad w/Dressing* *Fruit*	5 *New! Tuna Salad with Olives* *on Rye Bread* *Cucumber & Tomato Salad* *Fruit*	6 *Greek Chicken Salad* *with Balsamic Vinegarette* *Naan Bread Dippers* *Pasta Salad* *Raisins*	7 *Roast Beef & Provolone Sandwich* *on Whole Wheat Bread* *Lettuce/Tomato/Onion* *Green Pea Salad* *Fruit* *Spicy Brown Mustard*	8 *Sliced Turkey Ham Sandwich* *Provolone Cheese* *on Multi-Grain Bread* *Lettuce/Tomato/Onion* *Waldorf Salad* *Fruit* *Mayo and Mustard*
9 *Thai Chicken Salad** **Chicken, Penne Pasta, Green Onions, Cabbage, Snap Peas, Carrots, and Peanut Vinaigrette* *Cucumber Salad* *Whole Grain Crackers* *Fruit*	10 *Dill Egg Salad* *on Whole Wheat Bread* *Broccoli Raisin Salad* *Fruit*	11 *New! Honey Mustard Chicken Salad* *on Whole Wheat Bread* *Venetian Pasta Salad* *Fruit*	12 *Salmon Caesar Salad* *with Caesar Dressing* *Coleslaw* *Whole Grain Breadstick* *Fruit*	13 *Chicken Salad with Grapes* *w/Whole Grain Crackers* *Lemon Dijon Rainbow Carrot Salad* *Fruit*	14 *Sliced Turkey Ham Sandwich* *Cheddar Cheese* *on Multi Grain Bread* *Lettuce/Tomato/Onion* *Coleslaw* *Fruit* *Mayo and Mustard*	15 *Turkey & Provolone Cheese* *on Kaiser Roll* *Lettuce/Tomato/Onion* *Potato Salad* *Fruit*
16 *Tzatziki Turkey Salad* *Lentil Mediterranean Salad* *Naan Bread Dippers* *Fruit*	17 *Cobb Salad* *with Ranch Dressing* Chickpea Salad *Whole Grain Crackers* *Fruit*	18 *Deviled Egg Salad* *on Whole Wheat Bread* *Cucumbers w/Creole Dressing* *Fruit*	19 *Krab Mac Salad* *Coleslaw* *Whole Grain Corn Muffin* *Fruit*	20 *Mediterranean Chicken Quinoa Bowl** **Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt* *Raisins*	21 *Roast Beef & Cheddar Sandwich* *on Whole Grain Bun* *Lettuce, Tomato, and Onion* *Carrot Raisin Salad* *Fruit* *Mayo and Mustard*	22 *Turkey Breast & Muenster* *on Rye Bread* *Lettuce/Tomato/Onion* *Mandarin Beets w/Citrus Dressing* *Fruit* *Mayo and Mustard*
23 *New! Southwest Chicken* *Fruit*	24 *Pork & Pineapple Farro Bowl** **Pork Loin, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, and Vinaigrette* *Fruit*	25 *Turkey Breast & Provolone* *on Whole Wheat Bread* *Lettuce/Tomato/Onion* *Italian Cucumber Salad* *Fruit*	26 *Crabmeat Salad* *w/Whole Grain Crackers* *Beet & Onion Salad* *Fruit*	27 *Cranberry Pecan Turkey Salad* *on Brioche Roll* *Tuscany Vegetable Salad* *Fruit*	28 *Turkey Ham & Swiss Sandwich* *New! on Whole Grain Bagel* *Bayou Coleslaw* *Fruit* *Mayo and Mustard*	29 *Corn beef and Swiss Sandwich* *on Rye Bread* *Lettuce, Tomato, and Onion* *Copper Penny Salad* *Fruit* *Spicy Brown Mustard*
30 *Asian Chicken Salad* *with Balsamic Vinegarette* *Mandarin Beets w/Citrus Dressing* *Whole Grain Corn Muffin* *Fruit* *Fortune Cookie*						MEALS ON WHEELS SAN DIEGO COUNTY