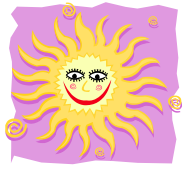
Meals on Wheels San Diego County | **Latin Entrée** | *Meal Center Copy: August 2018*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All meals include milk, soymilk, juice, or water. Menu subject to change.		**1** Chicken Breast Strips Fajita Vegetables Apple Betty	**2** Roast Beef & Gravy Baked Potato Turnip Greens	**3** Pavo Mole Rice & Corn Peppers & Cauliflower	**4** Hearty Beef Chili Green Beans Pears	**5** Carne de Res Rice Mixed Vegetables Pinto Beans
6 Carne de Puerco Rice Black Beans Carrots	**7** Pollo Cocido Rice Zucchini & Peppers Green Beans	**8** Turkey Enchilada Casserole Pinto Beans Strawberry Applesauce	**9** Pescado a la Mexicana Rice Zucchini & Corn	**10** Swiss Steak & Gravy Mashed Potatoes Green Beans	**11** Pollo Santa Fe over Rice Refried Beans Broccoli	**12** Chicken Enchilada Refried Beans Peas & Peppers
13 Chicken Cordon Bleu Brown Rice California Blend Vegetables Apple Betty	**14** Beef & Cheese Enchilada Mexi-Corn Poached Pears	**15** Chicken Burrito Sauce Refried Beans Cauliflower	**16** Meatloaf & Gravy Smashed Turnips Cilantro Stewed Tomatoes & Peas	**17** Turkey Enchilada Casserole Pinto Beans Strawberry Applesauce	**18** Carne de Res Rice Mixed Vegetables Pinto Beans	**19** Chicken Breast Strips Fajita Vegetables Apple Betty
20 Chicken Ranchero Rice Pinto Beans California Blend Vegetables	**21** Salisbury Steak Gravy Potatoes O'Brien Zucchini	**22** Tinga de Pollo Rice Chipotle Sweet Potatoes Peas	**23** Carne de Puerco Rice Black Beans Carrots	**24** Beef Steak Onion Gravy Brown Rice Broccoli & Pepperonata	**25** Cheese Enchilada Corn Peppers & Peas	**26** Pavo Mole Rice Corn & Peppers Cauliflower
27 White Bean Chicken Chili Brown Rice Carrots	**28** Teriyaki Meatballs Brown Rice Green Beans Cauliflower & Mushrooms	**29** Beef & Cheese Enchilada Mexican Corn Poached Pears	**30** Curry Chicken Brown Rice Sweet Potatoes Mixed Vegetables	**31** Pork Pumpkin Sauce Mexican Rice Peas Poached Pears