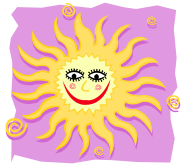
Meals on Wheels San Diego County | **Entrée: Healthy Plus Meals** | *Meal Center Copy: August 2018*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All meals include milk, soymilk, juice or bottled water. Menu subject to change.		**1** Chicken Breast Strips Fajita Vegetables Apple Betty	**2** Roast Beef & Gravy Baked Potato Turnip Greens	**3** Beef Steak Onion Gravy Brown Rice Broccoli & Pepperonata	**4** Pineapple Glazed Turkey Ham Mashed Potatoes Green Beans	**5** Salisbury Steak Gravy Potatoes O'Brien Zucchini
6 BBQ Pork Riblet Baked Beans Creamed Spinach	**7** Beef Stew Country Style Hash Browns Crinkle Cut Carrots	**8** Turkey Enchilada Casserole Pinto Beans Carrots	**9** Breaded Fish Fillet Hash Browns Mixed Vegetables	**10** Swiss Steak & Gravy Garlic Mashed Potatoes Green Beans	**11** Chicken Cacciatore Spinach Creamed Corn	**12** Rosey Macaroni Cheese Spinach Stewed Tomatoes
13 Chicken Cordon Bleu Brown Rice California Blend Vegetables Apple Betty	**14** Swedish Meatballs Egg Noodles Okra Sweet and Sour Cabbage	**15** Cheese Lasagna Marinara Sauce Italian Green Beans Capri Vegetables	**16** Meatloaf & Gravy Smashed Turnips Italian Blend Vegetables	**17** Turkey Enchilada Casserole Pinto Beans Carrots	**18** Rotini & Meat Sauce Mixed Vegetables Poached Pears	**19** Pepper Steak & Gravy Country Style Hash Browns Zucchini
20 BBQ Chicken Strips Brown Rice Italian Blend Vegetables Cinnamon Applesauce	**21** Salisbury Steak & Gravy Potatoes O'Brien Zucchini	**22** Pineapple Glazed Turkey Ham Mashed Potatoes Green Beans	**23** Breaded Pork Patty Country Gravy Collard Greens Sweet Potatoes	**24** Beef Steak Onion Gravy Brown Rice Broccoli & Pepperonata	**25** Cheese Cannelloni Carrots Green Beans	**26** Macaroni & Meat Casserole Succotash Zucchini
27 Chicken Fettuccini Alfredo Sauce Peas & Carrots	**28** Teriyaki Meatballs Brown Rice Green Beans Cauliflower & Mushrooms	**29** Beef & Cheese Enchilada Mexi-Corn Poached Peaches	**30** Curry Chicken Brown Rice Sweet Potatoes Mixed Vegetables	**31** Breaded Pork Patty Country Gravy Mashed Potatoes Collard Greens