Meals on Wheels San Diego County | **Lunch: 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** Veggie Sub Sandwich Tangy Coleslaw Fruit of the Day Carrot Muffin	**2** Chicken Taco Wrap Bean & Corn Salad Fruit of the Day Peach Yogurt	**3** BBQ Pulled Pork Sandwich Jicama & Cucumber Fruit of the Day Muffin	**4** Chicken Basil Sandwich Mediterranean Bean Salad Fruit of the Day Jello	**5** Turkey and Cheese Club Sandwich Veggie Blend Cup Fruit of the Day Choc Chip Cookie
6 Soup of the Day 1/2 Sandwich Black Bean & Corn Salad Fruit of the Day	**7** Asian Noodle Veggie Bowl with Chicken Beet Cup Fruit of the Day Banana Nut Muffin	**8** Steak, Farro & Kale Bowl Potato Salad Fruit of the Day Oatmeal Cookie	**9** Roast Beef & Cheddar Sandwich Cauliflower & Fennel Salad Fruit of the Day Chewy Granola Bar	**10** Chicken Garbanzo Wrap Jicama & Cucumber Fruit of the Day Blueberry Honey Muffin	**11** Turkey Salad Confetti Broccoli Cup Fruit of the Day Cookie	**12** Chicken Pesto Sandwich Pepper & Bean Salad Fruit of the Day Pumpkin Tart
13 Soup of the Day 1/2 Sandwich Zucchini Cup Fruit of the Day	**14** Harvest Chicken Salad Baby Carrots Fruit of the Day Jello	**15** Curried Chicken Sandwich Carrot Raisin Salad Fruit of the Day Cookie	**16** BBQ Beef Sandwich Veggie Blend Cup Fruit of the Day Carrot Muffin	**17** Pasta & Roasted Tuna Steak Beet Cup Fruit of the Day Chewy Granola Bar	**18** Chicken Basil Sandwich Mediterranean Bean Salad Fruit of the Day Cookie	**19** Turkey Loaf Sandwich Mexican Macaroni Fruit of the Day Pumpkin Tart
20 Tuna Salad Sandwich Veggie Salad w/Mint Fruit of the Day Carrot Muffin	**21** Curried Chicken Sandwich Pepper & Bean Salad Fruit of the Day Jello	**22** Cheese Cucumber Sub Sandwich Beet Cup Fruit of the Day Oatmeal Cookie	**23** Turkey Salad Sandwich Cucumber & Tomato Fruit of the Day Jello	**24** Soup of the Day 1/2 Sandwich Celery Parsley Cup Fruit of the Day	**25** BBQ Beef Sandwich Confetti Broccoli Cup Fruit of the Day Peanut Butter Chocolate Bites	**26** Turkey & Cheese Club Sandwich Veggie Blend Cup Fruit of the Day Peach Yogurt
27 Egg Salad Sandwich Zucchini Cup Fruit of the Day Jello	**28** Chinese Chicken Salad Baby Carrots Fruit of the Day Pumpkin Tart	**29** Barley & Wild Rice Roasted Tuna Tangy Coleslaw Fruit of the Day Chocolate Chip Cookie	**30** Roast Beef & Cheddar Sandwich Mint & Veggie Salad Fruit of the Day Peanut Butter Chocolate Bites	**31** Tri Color Tortellini Cucumber & Tomato Fruit of the Day Jello		Our Healthy Plus Meals include a lower sugar dessert and lower sodium/ sugar condiments.