




<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Foodmobile Office Hours 8:00 am –4:00 pm Monday-Friday Except holidays (858) 637-3230	1% milk served daily with meals. Meal sodium total includes all food & beverage provided  meal >600mg sodium	Quinoa Salad 1 Beef Brisket Mashed Potatoes Parsley Carrots Strawberries 340 mg sodium	2 CLOSED (Passover)	3 CLOSED (Passover)
Beet Salad 6 Veggie Frittata Amaranth Pilaf Roasted Asparagus Orange 470 mg sodium	Tomato Cucumber Salad 7 Chimichurri Tilapia Cilantro Lime Quinoa Butternut Squash Mango 300 mg sodium	Red Cabbage Salad 8 Oven Baked Chicken Potato Kugel Broccoli WW Matzo Applesauce 420 mg sodium	Spinach Salad 9 Roasted Turkey Mashed Potatoes California Mix Veggies WW Matzo Grapes 290 mg sodium	Black Bean Salad 10 Beef Picadillo Cilantro Brown Rice Calabacitas (Squash, Tomatoes & Corn) Fresh Pineapple 530 mg sodium
Broccoli Slaw 13 Citrus Ginger Cod Quinoa, Kale, Edamame Sesame Snap Peas Apple 530 mg sodium	Corn Salad 14 Pollo Guisado (Puerto Rican Chicken) Cilantro Brown Rice Black Beans 580 mg sodium Fresh Berries	Greek Salad 15 Vegetarian Stuffed Pepper Lemon Herb Couscous Roasted Cauliflower Banana 590 mg sodium	Carrot Salad 16 Beef Sloppy Joe WW Bun Brussels Sprouts Peaches 720 mg sodium	Asian Slaw 17 Turkey Stir Fry Brown Rice Sesame Ginger Carrots Asian Pear 590 mg sodium
Coleslaw 20 Chicken Marbella Brown Rice Pilaf Sweet Potato Grapes 430 mg sodium	Broccoli Salad 21 Beef Swedish Meatballs Mashed Potatoes Scandinavian Veggies WW Roll Applesauce 520 mg sodium	Black Eyed Pea Salad 22 Balsamic Salmon Lemon Herb Couscous California Mix Veggies Pears 450 mg sodium	Edamame Salad 23 Sweet & Sour Chicken Brown Rice Bok Choy Strawberries 450 mg sodium	Spinach Salad 24 Vegan Domoda (West African Peanut Stew) Bulgur Green Beans Mango 430 mg sodium
Asian Carrot Salad 27 Beef Bulgogi Brown Rice Stir Fry Veggies Banana 530 mg sodium	Arugula Salad 28 Vegetarian Lasagna Sauteed Spinach WW Roll Orange 650 mg sodium	Tomato Salad 29 Chicken Fajitas Cilantro Brown Rice Pinto Beans Kiwi 500 mg sodium	Bell Pepper Salad 30 Coconut-Crusted Tilapia with Pineapple Sauce Quinoa Pilaf Caribbean Mix Veggies Tropical Fruit 320 mg sodium	