



<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 <b>(858) 637-3230</b>	<b>1% milk served daily with meals. Meal sodium total includes all food &amp; beverage provided</b>  meal >600mg sodium			Asian Carrot Salad <b>1</b> <b>Vietnamese Chicken Curry</b> Brown Rice Bok Choy Orange  530 mg sodium
Coleslaw <b>4</b> <b>Turkey &amp; Veggie Skillet</b> Whole Wheat Pasta Grilled Bell Peppers, Eggplant & Zucchini Fresh Pear 430 mg sodium	Tomato Salad <b>5</b> <b>Chicken Mole</b> Cilantro Brown Rice Roasted Yellow Squash Mango 470 mg sodium	Carrot Salad <b>6</b> <b>Beef Hungarian Goulash</b> Mashed Potatoes Broccoli & Cauliflower Whole Wheat Roll Applesauce 530 mg sodium	Asian Cucumber Salad <b>7</b> <b>Veggie Fried Rice</b> Bok Choy Fresh Pineapple 480 mg sodium	Kidney Bean Salad <b>8</b> <b>Garlic &amp; Herb Tilapia</b> Quinoa, Kale, Edamame Sauteed Spinach Strawberries 570 mg sodium
Broccoli Salad <b>11</b> <b>Greek Chickpeas</b> Whole Wheat Pasta Parsley Carrots Banana 490 mg sodium	Red Cabbage Salad <b>12</b> <b>Tuna Noodle Casserole</b> Green Beans Apple 420 mg sodium	Asian Slaw <b>13</b> <b>Kung Pao Chicken</b> Brown Rice Edamame Mandarins 520 mg sodium	Beet Salad <b>14</b> <b>Turkey Cabbage Rolls</b> Lemon Herb Couscous Peas & Carrots Orange 590 mg sodium	Fresh Corn Salad <b>15</b> <b>Carne Asada-Style Beef</b> Spanish Brown Rice Roasted Zucchini Kiwi 490 mg sodium
Black Bean Salad <b>18</b> <b>Veracruz Tilapia</b> Cilantro Lime Quinoa Mexican Squash (Calabacitas) Mango 500 mg sodium	WW Couscous Salad <b>19</b> <b>Chicken Pot Pie</b> Roasted Carrots Fresh Berries 500 mg sodium	Asian Carrot Salad <b>20</b> <b>Thai Peanut Tofu</b> Brown Rice Stir Fry Veggies Banana 530 mg sodium	WW Macaroni Salad <b>21</b> <b>Salisbury Steak Patty</b> Mashed Potatoes Brussels Sprouts Grapes 510 mg sodium	Edamame Salad <b>22</b> <b>Orange Chicken</b> Brown Rice Broccoli Asian Pear 470 mg sodium
 Our office is CLOSED in observance of <i>Memorial Day</i>	Balela (Chickpea) Salad <b>26</b> <b>Beef Bolognese</b> Whole Wheat Spaghetti Roasted Cauliflower Apricots 430 mg sodium	Quinoa Salad <b>27</b> <b>Turkey Empanada with Chimichurri Sauce</b> California Mix Veggies Tropical Fruit 530 mg sodium	Citrus Salad <b>28</b> <b>Baked Salmon</b> Brown Rice Pilaf Succotash Peaches 250 mg sodium	Broccoli Slaw <b>29</b> <b>Spinach Quiche</b> Whole Wheat Roll Butternut Squash Nectarine 930 mg sodium 