

FOODMOBILE DECEMBER 2021



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>Meals may contain the following Milk, Eggs, Fish, Wheat, Peanuts, Soy, Tree Nuts</p> <p>*denotes meal \geq 1,000 mg sodium</p>	<p>Foodmobile Office Monday-Friday 8:00 a.m.– 4:00 p.m. Except holidays 858 637-3230</p>	<p>Carrot Salad 1 Mushroom Beef WW Pasta Asparagus Berries Cup</p> 	<p>Cucumber Salad 2 Southwestern Hash Quinoa Brussel Sprouts Pineapple</p> 	<p>Coleslaw 3 Baked Chicken Brown Rice/Black Beans Potato Latkes Broccoli</p> 
<p>Tomato Cucumber Salad 6 Chicken Fajita Spanish Brown Rice Corn Tropical Fruit</p> 	<p>Beet Salad 7 Lentil Curry Farro Spinach Mango in Orange Juice</p> 	<p>Green Salad 8 Cheese Eggplant Rollatini * Egg Salad WW Roll Roasted Zucchini Honeydew</p>	<p>Red Cabbage Salad 9 Baked Salmon Quinoa, Kale, Edamame Sweet Potato Fresh Pear</p> 	<p>Carrot Salad 10 Brisket Kasha Mixed Veggies Kiwi</p> 
<p>3Bean Salad 13 Sweet Potato Chili Brown Rice Baby Bok Choy Orange</p> 	<p>Tomato Salad 14 Turkey loaf Quinoa with Black Eyed Pea Broccolini Cantaloupe</p> 	<p>Pepper Salad 15 Citrus Ginger Cod Farro Peas & Carrots Banana</p> 	<p>Carrot Salad 16 Spinach Cheese Quiche * Roasted Zucchini WW Roll Mandarin</p>	<p>Cucumber Salad 17 Hungarian Goulash WW Pasta Cauliflower Fresh Apple</p> 
<p>Caesar Salad 20 Country Chicken Loaf WW Spaghetti Brussel Sprouts Fresh Pear</p> 	<p>Spinach Salad 21 Mushroom Kidney Beans Stew Quinoa Peas</p> 	<p>Coleslaw 22 Oven Baked Chicken Brown Rice/ Garbanzo Beans Parsley Carrots</p> 	<p>Broccoli Salad 23 Tuna Empanada * Sweet Potato WW Bread Banana</p>	<p>24 CLOSED</p> 
<p>Greek Salad 27 Spinach Cheese Ravioli* Egg Salad WW Garlic Bread Grilled Veggies Orange</p>	<p>Cucumber Salad 28 Butternut Squash Casserole Farro Broccolini Banana</p> 	<p>Tomato Salad 29 Veal Roast Baked Potato Steamed Spinach Kasha Tropical Fruit</p> 	<p>Carrot Salad 30 Lemon Garlic Butter Baked Fish Quinoa/Chickpea Asparagus Berries Cup</p> 	<p>31 CLOSED</p>