



Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Foodmobile Hours 8:00 am –4:00 pm Monday-Friday Except holidays 858 637-3230		 Happy Holidays!		Balela (Chickpea) Salad 1 Herb Chicken Whole Wheat Couscous Broccoli Apricots 480 mg sodium
CLOSED	4 Beet Salad 5 Curried Chickpeas with Spinach (Chana Saag) Brown & White Rice California Mix Veggies Apple 540 mg sodium	6 Spinach Salad 6 Beef Stroganoff WW Egg Noodles Peas Orange 390 mg sodium	7 Broccoli Slaw 7 Chicken-Butternut Stew Farro Capri Mix Veggies Pear 300 mg sodium	8 Bell Pepper Salad 8 Coconut Crusted Tilapia Brown Rice Edamame Tropical Fruit 240 mg sodium
11 Carrot Salad 11 Mushroom Ravioli Whole Wheat Roll Broccoli Banana 740 mg sodium	12 Tomato-Cucumber Salad 12 Beef Fajitas Spanish Brown Rice Black Beans Kiwi 600 mg sodium	13 Asian Slaw 13 Kung Pao Chicken Quinoa, Kale, Edamame Stir Fry Veggies Mango 570 mg sodium	14 Broccoli Salad 14 Tuna Noodle Casserole Parsley Carrots Peaches 590 mg sodium	15 Spinach Salad 15 Turkey Patty Mashed Potatoes Scandinavian Mix Veggies Whole Wheat Roll Orange 600 mg sodium
18 3 Bean Salad 18 Adobo Chicken Stew Quinoa Sweet Potato Mandarin Oranges 610 mg sodium	19 Spring Mix Salad 19 Kidney Bean Curry Bulgur California Mix Veggies Banana 480 mg sodium	20 Broccoli Salad 20 Caribbean Baked Cod Brown Rice & Beans Caribbean Mix Veggies Grapes 410 mg sodium	21 Bell Pepper Salad 21 Beef Goulash WW Egg Noodles Peas Fresh Pear 390 mg sodium	22 Beet Salad 22 Hunter Chicken Whole Wheat Pasta Brussels Sprouts Apple 600 mg sodium
CLOSED (Christmas)	25 Kidney Bean Salad 26 Cajun Chicken Breast Whole Wheat Pasta Green Beans Orange 400 mg sodium	27 Fresh Corn Salad 27 Sweet Potato Chili Quinoa Broccoli Applesauce 590 mg sodium	28 Citrus Salad 28 Baked Salmon WW Couscous Butternut Squash Banana 230 mg sodium	29 Carrot Salad 29 Beef Brisket Mashed Potatoes Mixed Vegetables Whole Wheat Roll Kiwi 580 mg sodium