

Congregate meals are sponsored by The Older American's Act Funds & awarded by the County of San Diego through Aging and Independence Services. Meals are provided by Jewish Family Service of San Diego.

August 2024



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Note: Meal sodium total includes entrée, 1 cup of 1% milk and all sides  = higher-sodium meal	Foodmobile Office Hours 8:00 am –4:00 pm Mon-Fri Except holidays (858) 637-3230		Carrot Salad 1 Beef Goulash WW Egg Noodles Peas Orange 420 mg sodium	Broccoli Salad 2 Citrus Ginger Cod Cilantro Brown Rice Edamame Tropical Fruit 300 mg sodium
Coleslaw 5 Turkey Chili Cilantro Brown Rice Sweet Potato Pineapple 410 mg sodium	Kidney Bean Salad 6 Tuna Noodle Casserole Parsley Carrots Kiwi 600 mg sodium	Tabbouleh Salad 7 Chicken Shawarma Lemon Herb Couscous Roasted Zucchini Strawberries 320 mg sodium	Spinach Salad 8 Vegan West African Peanut Stew (Domoda) Bulgur Green Beans Mango 430 mg sodium	Citrus Salad 9 Beef Swedish Meatballs Mashed Potatoes Scandinavian Veggies Whole Wheat Roll Peaches 580 mg sodium
3 Bean Salad 12 Pesto Tilapia Farro Cauliflower Banana 560 mg sodium	Asian Cucumber Salad 13 Vietnamese Chicken Curry (Cà Ri Gà) Brown Rice Bok Choy Cantaloupe 590 mg sodium	14 CLOSED (Staff Development Day)	Quinoa Salad 15 Roasted Turkey Mashed Potatoes California Mix Veggies Pear 410 mg sodium	Beet Salad 16 Spinach Quiche Brussels Sprouts Whole Wheat Roll Watermelon 960 mg sodium 
Fresh Corn Salad 19 Beef Fajitas Cilantro Brown Rice Roasted Zucchini Kiwi 250 mg sodium	Tomato Salad 20 Honey Dijon Salmon Quinoa, Kale, Edamame Sweet Potato Honeydew 590 mg sodium	Arugula Salad 21 Vegetarian Stuffed Pepper Bulgur Capri Mix Veggies Summer Fruit Salad 490 mg sodium	WW Macaroni Salad 22 Chicken Pot Pie Broccoli Grapes 510 mg sodium	Balela (Chickpea) Salad 23 Turkey Cabbage Rolls Lemon Herb Couscous California Mix Veggies Applesauce 420 mg sodium
Kidney Bean Salad 26 Chicken Paprikash Kasha Varnishka Broccoli Orange 380 mg sodium	Kale Salad 27 Red Lentil Dal Cilantro Brown Rice Green Beans Banana 430 mg sodium	Carrot Salad 28 Caribbean Cod Quinoa Pilaf Baked Plantain Mango 330 mg sodium	Spinach Salad 29 Beef Shepherd's Pie Peas & Carrots Whole Wheat Roll Cantaloupe 570 mg sodium	Broccoli Slaw 30 Cajun Chicken Breast Whole Wheat Pasta Succotash Strawberries 360 mg sodium