

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.

March 2024



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p><i>Note: Meal sodium total includes entrée, 1 cup of 1% milk and all sides</i></p> <p> = <i>higher-sodium meal</i></p>	<p>Foodmobile Office Hours 8:00 am –4:00 pm Mon-Fri Except holidays (858) 637-3230</p>			<p>Tomato-Cucumber Salad 1 Puerto Rican Chicken Stew (Pollo Guisado) Cilantro Brown Rice Black Beans Kiwi 600 mg sodium</p>
<p>Fresh Corn Salad 4 Sweet Potato Chili Quinoa Broccoli Applesauce 590 mg sodium</p>	<p>Spinach Salad 5 Beef Stroganoff WW Egg Noodles Peas Orange 390 mg sodium</p>	<p>Carrot Salad 6 Caribbean Baked Cod Brown Rice & Beans Caribbean Veggies Mango 390 mg sodium</p>	<p>Tabbouleh Salad 7 Chicken Shawarma Lemon Herb Couscous California Mix Veggies Apricots 300 mg sodium</p>	<p>Kidney Bean Salad 8 Turkey & Veggie Skillet WW Pasta Roasted Carrots Tangerine 400 mg sodium</p>
<p>Asian Slaw 11 Broccoli Beef Stir Fry Brown Rice Edamame Kiwi 570 mg sodium</p>	<p>Broccoli Salad 12 Grilled Vegetable Frittata Couscous Roasted Asparagus Tropical Fruit 550 mg sodium</p>	<p>Spinach Salad 13 Turkey Patty Mashed Potatoes Scandinavian Veggies Whole Wheat Roll Orange 600 mg sodium</p>	<p>Spring Mix Salad 14 Pineapple Tilapia Cilantro Brown Rice Sweet Potato Strawberries 330 mg sodium</p>	<p>Beet Salad 15 Chicken Cacciatore Whole Wheat Pasta Brussels Sprouts Apple 600 mg sodium</p>
<p>Carrot Salad 18 Turkey Chili Quinoa Roasted Cauliflower Peaches 510 mg sodium</p>	<p>Cucumber Salad 19 Vietnamese Chicken Curry (Cà Ri Gà) Brown Rice Bok Choy Mandarins 490 mg sodium</p>	<p>3 Bean Salad 20 Mushroom Ravioli California Mix Veggies Whole Wheat Roll Fresh Pear 880 mg sodium</p>	<p>Coleslaw 21 Beef Fajitas Spanish Brown Rice Corn Kiwi 360 mg sodium</p>	<p style="text-align: center; color: green; font-size: 2em;">CLOSED</p> <p style="text-align: right;">230 mg sodium</p>
<p>Asian Slaw 25 Kung Pao Chicken Brown Rice Stir Fry Mix Veggies Tropical Fruit 480 mg sodium</p>	<p>Arugula Salad 26 Coconut Crusted Tilapia Quinoa, Kale, Edamame Sweet Potato Mango 520 mg sodium</p>	<p>Quinoa Salad 27 Beef Brisket Mashed Potatoes Peas & Carrots Orange 420 mg sodium</p>	<p>Beet Salad 28 Curried Chickpeas (Chana Saag) Brown & White Rice California Mix Veggies Apple 540 mg sodium</p>	<p>Balela (Chickpea) Salad 29 Herb Chicken Whole Wheat Couscous Broccoli Apricots 480 mg sodium</p>