

Home delivered 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.



<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 (858) 637-3230	1% milk served daily with meals Meal sodium total includes all food & beverage provided  = meal >600mg sodium			Arugula Salad 1 Pesto Tilapia Whole Wheat Pasta Broccoli Apple 280 mg sodium
Spinach Salad 4 Vegan West African Peanut Stew (Domoda) Bulgur Green Beans Mango 430 mg sodium	Fresh Corn Salad 5 Beef Fajitas Cilantro Brown Rice Roasted Zucchini Kiwi 250 mg sodium	Citrus Salad 6 Honey Dijon Salmon Lemon Herb Couscous Collard Greens Pears 320 mg sodium	Kidney Bean Salad 7 Turkey Patty Mashed Potatoes Parsley Carrots Whole Wheat Roll Orange 590 mg sodium	Cucumber Salad 8 Teriyaki Chicken Meatballs Brown Rice Cabbage Stir Fry Tropical Fruit 520 mg sodium
Carrot Salad 11 Turkey & Veggie Skillet Whole Wheat Pasta Cauliflower Fresh Pear 400 mg sodium	Asian Cucumber Salad 12 Vietnamese Chicken Curry Brown Rice Bok Choy Cantaloupe 590 mg sodium	Quinoa Salad 13 Salisbury Steak Mashed Potatoes Glazed Carrots Strawberries 350 mg sodium	Asian Slaw 14 Sesame Ginger Fish Brown Rice Edamame Pineapple 490 mg sodium	Bell Pepper Salad 15 Kidney Bean Curry Bulgur Roasted Summer Veggies Banana 420 mg sodium
Black Eyed Pea Salad 18 BBQ Chicken Mashed Potatoes Broccoli WW Roll Peaches 680 mg sodium	Red Cabbage Salad 19 Tuna Patty Lemon Herb Couscous Sauteed Spinach Fresh Peach 540 mg sodium	Greek Salad 20 Vegetarian Stuffed Pepper Quinoa Pilaf California Mix Veggies Honeydew 570 mg sodium	Asian Carrot Salad 21 Beef Bulgogi Brown Rice Stir Fry Veggies Banana 530 mg sodium	Tomato Cucumber Salad 22 Adobo Chicken Brown Rice Roasted Chayote Mango 570 mg sodium
Coleslaw 25 Pineapple Tilapia Quinoa, Kale, Edamame Sweet Potato Apple 490 mg sodium	WW Macaroni Salad 26 Chicken Pot Pie Brussels Sprouts Grapes 500 mg sodium	Balela (Chickpea) Salad 27 Turkey Stuffed Cabbage Brown Rice Pilaf Peas Orange 600 mg sodium	Broccoli Salad 28 Spinach Quiche Roasted Summer Squash Whole Wheat Biscuit Watermelon 850 mg sodium	Broccoli Slaw 29 Beef Hungarian Goulash Whole Wheat Egg Noodles Peas & Carrots Nectarine 370 mg sodium