



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Asian Carrot Salad 1 Beef Bulgogi Brown Rice Stir Fry Veggies Banana 530 mg sodium	Beet Salad 2 Honey Dijon Chicken Whole Wheat Pasta Broccoli Fresh Pear 510 mg sodium	Kidney Bean Salad 3 Turkey Patty Mashed Potatoes Parsley Carrots Whole Wheat Roll Orange 590 mg sodium	Spinach Salad 4 Chimichurri Fish Cilantro-Lime Quinoa Sweet Potato Mango 370 mg sodium	Greek Salad 5 Vegetarian Stuffed Pepper Brown Rice Pilaf California Mix Veggies Persimmon 590 mg sodium
WW Macaroni Salad 8 Herb Chicken Mashed Potatoes Brussels Sprouts Apricots 510 mg sodium	Carrot Salad 9 Vegetarian Lasagna Roasted Cauliflower WG Breadstick Peaches  700 mg sodium	Citrus Salad 10 Cod with Lemon Sauce Farro Sauteed Spinach Apple 330 mg sodium	Coleslaw 11 Beef Picadillo Cilantro Brown Rice Festa Corn Pineapple 400 mg sodium	Balela (Chickpea) Salad 12 Chicken Shawarma Lemon-Herb Couscous Rainbow Cabbage Grapes 510 mg sodium
Fresh Corn Salad 15 Adobo Chicken Cilantro Brown Rice Sesame Ginger Carrots Kiwi 520 mg sodium	Broccoli Slaw 16 Coconut-Crusted Tilapia with Pineapple Sauce Quinoa, Kale, Edamame Edamame Tropical Fruit 410 mg sodium	Spinach Salad 17 Vegan Domoda (West African Peanut Stew) Bulgur Green Beans Mango 430 mg sodium	Asian Cucumber Salad 18 Teriyaki Chicken Meatballs Brown Rice Cabbage Stir Fry Mandarin Oranges 520 mg sodium	Red Cabbage Salad 19 Beef Brisket Mashed Potatoes Glazed Carrots Whole Wheat Roll Peaches 450 mg sodium
Black Eyed Pea Salad 22 Balsamic Salmon Lemon Herb Couscous California Mix Veggies Pears 450 mg sodium	Arugula Salad 23 Chicken Cacciatore Whole Wheat Spaghetti Broccolini Grapes 420 mg sodium	Broccoli Salad 24 Beef Swedish Meatballs WW Egg Noodles Scandinavian Veggies Applesauce 360 mg sodium	 25	Beet Salad 26 Spinach Quiche Butternut Squash WW Biscuit Orange  950 mg sodium
Red Cabbage Salad 29 Beef Sloppy Joe WW Bun Peas & Carrots Apple 680 mg sodium	Asian Slaw 30 Cashew Chicken Brown Rice Steamed Bok Choy Mandarin Oranges 470 mg sodium	Bell Pepper Salad 31 Fish Ragù Whole Wheat Pasta Roasted Root Vegetables Banana 380 mg sodium	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