



| Monday                                                                                                                                 | TUESDAY                                                                                                                                                                                       | WEDNESDAY                                                                                                                                   | THURSDAY                                                                                                                                                   | FRIDAY                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Asian Carrot Salad</b> 2<br><b>Vietnamese Chicken Curry</b><br>Brown Rice<br>Bok Choy<br>Orange 530 mg sodium                       | <b>Balela (Chickpea) Salad</b> 3<br><b>Pesto Tilapia</b><br>Whole Wheat Pasta<br>Roasted Cauliflower<br>Apricots 440 mg sodium                                                                | <b>Tomato Salad</b> 4<br><b>Chicken Fajitas</b><br>Cilantro Brown Rice<br>Pinto Beans<br>Kiwi 500 mg sodium                                 | <b>Broccoli Salad</b> 5<br><b>Lentil Shepherd's Pie</b><br>Grilled Bell Peppers,<br>Eggplant & Zucchini<br>Whole Wheat Biscuit<br>Applesauce 540 mg sodium | <b>WW Macaroni Salad</b> 6<br><b>Roast Beef</b><br>Mashed Potatoes<br>Glazed Carrots<br>Strawberries 510 mg sodium                                                                                                |
| <b>Corn Salad</b> 9<br><b>Beef Chili (Chili con Carne)</b><br>Cilantro Brown Rice<br>Mexican Zucchini<br>Fresh Pineapple 290 mg sodium | <b>Bell Pepper Salad</b> 10<br><b>Adobo Chicken</b><br>Cilantro Brown Rice<br>Chayote<br>Banana 520 mg sodium                                                                                 | <b>Citrus Salad</b> 11<br><b>Cod with Lemon Sauce</b><br>Farro<br>Sauteed Spinach<br>Apple 330 mg sodium                                    | <b>Asian Slaw</b> 12<br><b>Turkey Stir Fry</b><br>Brown Rice<br>Sesame Ginger Carrots<br>Asian Pear 590 mg sodium                                          | <b>Cannellini Bean Salad</b> 13<br><b>Mushroom Ravioli with Vegan Bolognese</b><br>Whole Wheat Roll <br>Broccoli 800 mg sodium |
| <b>WW Macaroni Salad</b> 16<br><b>Chicken Pot Pie</b><br>California Mix Veggies<br>Grapes 520 mg sodium                                | <b>Edamame Salad</b> 17<br><b>Beef Bulgogi</b><br>Brown Rice<br>Stir Fry Veggies<br>Mango 480 mg sodium                                                                                       | <b>Greek Salad</b> 18<br><b>Vegetarian Stuffed Pepper</b><br>Lemon Herb Couscous<br>Roasted Cauliflower<br>Banana 590 mg sodium             | <b>Broccoli Slaw</b> 19<br><b>Pineapple Tilapia</b><br>Quinoa, Kale, Edamame<br>Sweet Potato<br>Tropical Fruit 520 mg sodium                               | <b>Tomato Cucumber Salad</b> 20<br><b>Chicken Mole</b><br>Cilantro Brown Rice<br>Baked Plantain<br>Fresh Pineapple 500 mg sodium                                                                                  |
| <b>Citrus Salad</b> 23<br><b>Baked Salmon</b><br>Lemon Herb Couscous<br>Roasted Root Vegetables<br>Apricots 320 mg sodium              | <b>Black Bean Salad</b> 24<br><b>Vegetarian Enchiladas</b><br>Fiesta Corn <br>Tropical Fruit 730 mg sodium | <b>Spinach Salad</b> 25<br><b>Roasted Turkey</b><br>Mashed Potatoes<br>Butternut Squash<br>Whole Wheat Roll<br>Orange 480 mg sodium         | <b>26</b><br>                                                         | <b>27</b><br>                                                                                                                |
| <b>Red Cabbage Salad</b> 30<br><b>Chickpea Pumpkin Stew</b><br>Farro<br>Green Beans<br>Fresh Pear 500 mg sodium                        |                                                                                                                                                                                               |  <b>Jewish Family Service</b><br>Moving Forward Together | <b>Foodmobile Office Hours</b><br>8:00 am –4:00 pm<br>Monday-Friday<br>Except holidays<br><b>(858) 637-3230 press 2</b>                                    | 1% milk is served daily with meals. Meal sodium total includes all food & beverage provided<br> = meal >600mg sodium         |