



FOODMOBILE

February 2019

| <i>MONDAY</i> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> |
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| <p>Foodmobile Office 8:00 a.m.—4:00 p.m. Monday—Friday Except Holidays (858) 637-3230</p> |  | <p style="color: red;">Meals are subject to change without notice</p> | | <p>Cesar Salad 1 Spaghetti with Turkey Ragu Broccoli Fresh Apple</p> |
| <p>3 Bean salad 4 Swedish Meatballs Egg Noodles Winter Mix Veg Peaches</p> | <p>Beet Salad 5 Teriyaki Chicken Steam Rice Stir Fried Veg. Mandarin oranges</p> | <p>Broccoli Salad 6 Salisbury Steak Vegetable Baked Ziti Banana</p> | <p>Salad 7 Baked Salmon Roasted Beets Peas Applesauce</p> | <p>Coleslaw 8 Chicken Paprikash Garlic Mashed Potato Spinach Sautee Orange</p> |
| <p>Napa cabbage salad 11 Country Meatloaf Vegetarian Chili Applesauce</p> | <p>Carrots Salad 12 Primavera Tilapia Quinoa Broccoli Banana</p> | <p>Tomato Cucumber Salad 13 Chicken Fajita Spanish Rice Confetti Corn Pineapple</p> | <p>Salad 14 Spinach Quiche Couscous Mix Vegetables Baked Apples</p> | <p>Cucumber Salad 15 Hungarian Goulash Noodles Brussel Sprouts Peaches</p> |
| <p>Italian Salad 18 Manicotti Roasted Zucchini Fruit Cocktail</p> | <p>Beet Salad 19 Baked Chicken Roll Oven Roasted Potato Parsley Carrots Fresh Pears</p> | <p>Spring Mix Salad 20 Brisket Kasha Cauliflower Banana</p> | <p>Salad 21 Roman Style Fish Au gratin potato Capri Mixed Veg. Mandarin Oranges</p> | <p>Winter Salad 22 Hunter Chicken Whole Grain Pasta Italian Mix Veg. Fruit cup</p> |
| <p>Coleslaw 25 Black Bean & Sweet Potato Stew Brown Rice Green beans</p> | <p>3 Bean Salad 26 Chicken Quiche Sweet Potato Winter Blend Veg. Banana</p> | <p>Spinach salad 27 Turkey Chili Quinoa Mix Vegetables Orange</p> | <p>Salad 28 Tuna Empanada Roasted Potato Peas & Carrots Tropical Fruit</p> |  |