



# County Vegetarian Dinner Menu - October 2025

The suggested contribution for each meal is \$3.00. Your contribution is purely voluntary and confidential. You will not be denied a meal if you choose not to contribute. This nutrition program is supported in part by the County of San Diego, Aging & Independent Services.



| MONDAY                                                                                                                          | TUESDAY                                                                                                                                                                        | WEDNESDAY                                                                                                                       | THURSDAY                                                                                                               | FRIDAY                                                                                                                                                                                                                  | SATURDAY                                                                                                                                | SUNDAY                                                                                                                                                                                         |
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|                                                                                                                                 | <b>*We will be closed on Indigenous Peoples' Day (Monday, October 13th). Meals typically delivered on that day will be delivered ahead of the holiday.</b>                     | <sup>1</sup><br>Plant-Based Bruschetta Chicken<br>Whole Grain Au Gratin Rotini<br>Green Beans<br>Diced Peaches<br>Margarine     | <sup>2</sup><br>Chickpea Veracruz<br>over Brown Rice Pilaf<br>Green Peas<br>Glazed Carrots<br>Pineapple Tidbits        | <sup>3</sup><br>Vegetarian Meatballs w/Gravy<br>Mashed Potatoes<br>Mixed Vegetables<br>Whole Wheat Bread<br>Fresh Apple<br>Margarine                                                                                    | <sup>4</sup><br>Creamy Chickpea Tikka<br>Orzo with Asparagus<br>Yellow Squash<br>Whole Wheat Roll<br>Fresh Orange                       | <sup>5</sup><br>Tofu w/Onions and Peppers<br>Charro Beans<br>Fiesta Vegetable Blend<br>Whole Wheat Tortilla<br>Fresh Apple                                                                     |
| <sup>6</sup><br>Curry Chickpea<br>Coconut Brown Rice<br>Green Peas<br>Cauliflower<br>Fresh Apple                                | <sup>7</sup><br>Garden Meatballs<br>Mornay Sauce<br>Lentil Vegetable Pilaf<br>California Vegetable Blend<br>Multi-Grain Bread<br>Mixed Fruit<br>Margarine                      | <sup>8</sup><br>Lentil Stew<br>Whipped Potatoes<br>Garden Vegetable Blend<br>Whole Wheat Bread<br>Mandarin Oranges<br>Margarine | <sup>9</sup><br>Plant-Based Chicken Alfredo<br>over Whole Grain Penne<br>Ratatouille<br>Broccoli Florets<br>Fresh Pear | <sup>10</sup><br>Black Bean Burger<br>Tater Tot <br>Dilled Carrots<br>Whole Wheat Hamburger Bun<br>Mixed Fruit<br>Ketchup<br>Mustard | <sup>11</sup><br>Pineapple Glazed Tofu<br>Roasted Sweet Potatoes<br>Brussels Sprouts<br>Whole Wheat Bread<br>Diced Peaches<br>Margarine | <sup>12</sup><br>Tofu Al Pastor<br>Brown Rice<br>Black Beans<br>Whole Wheat Tortilla<br>Fresh Orange                                                                                           |
| <sup>13</sup><br>*Indigenous Peoples' Day<br> | <sup>14</sup><br>Bean Chili<br>Brown Rice<br>Baby Carrots<br>Broccoli Florets<br>Mixed Fruit                                                                                   | <sup>15</sup><br>Cheese Enchiladas<br>Enchilada Sauce<br>Pinto Beans<br>Fiesta Vegetable Blend<br>Pineapple Tidbits             | <sup>16</sup><br>Bean Tamale Pie<br>Cilantro Lime Rice<br>Southwest Corn<br>Fresh Orange                               | <sup>17</sup><br>Sloppy Joe<br>Tater Tot<br>Green Beans<br>Whole Grain Hamburger Bun<br>Fresh Pear<br>Ketchup                                                                                                           | <sup>18</sup><br>Pineapple Glazed Tofu<br>Confetti Brown Rice<br>Brussels Sprouts<br>Raisins                                            | <sup>19</sup><br>Vegetarian Swedish Meatballs<br>Whole Grain Penne Pasta<br>Green Peas<br>Sliced Carrots<br>Applesauce                                                                         |
| <sup>20</sup><br>Tofu with Mornay Sauce<br>Whole Grain Penne Pasta<br>Tuscany Vegetable Blend<br>Applesauce                     | <sup>21</sup><br>WG Vegetarian Fiesta Mac<br>Corn Casserole <br>Green Beans<br>Fresh Orange | <sup>22</sup><br>Caramelized Onion Beans<br>Whole Wheat Seasoned Couscous<br>Broccoli Florets<br>Fresh Pear                     | <sup>23</sup><br>Apricot Mustard Tofu<br>Confetti Brown Rice<br>Sliced Carrots<br>Mixed Fruit                          | <sup>24</sup><br>WG Bean & Cheese Burrito<br>Enchilada Sauce<br>Black Beans<br>Fajita Vegetable Blend<br>Tropical Fruit                                                                                                 | <sup>25</sup><br>Curry Chickpeas<br>Brown Rice<br>Green Peas<br>Cauliflower<br>Fresh Orange                                             | <sup>26</sup><br>Vegetarian Meatballs w/Gravy<br>Mashed Potatoes<br>Mixed Vegetables<br>Whole Wheat Bread<br>Fresh Apple<br>Margarine                                                          |
| <sup>27</sup><br>White Bean Alfredo<br>Whole Grain Rotini Pasta<br>Ratatouille<br>Green Beans<br>Pineapple Tidbits              | <sup>28</sup><br>Tofu Al Pastor<br>Cilantro Lime Brown Rice<br>Charro Beans<br>Garden Vegetable Blend<br>Fresh Apple                                                           | <sup>29</sup><br>Northern Bean a la King<br>Whole Grain Egg Noodles<br>Glazed Carrots<br>Fresh Orange                           | <sup>30</sup><br>Chickpea Vera Cruz<br>Garlic Parmesan Brown Rice<br>Broccoli Florets<br>Fresh Pear                    | <sup>31</sup><br>Hungarian Tofu<br>Oven Roasted Potatoes<br>Mixed Vegetables<br>Whole Wheat Bread<br>Mixed Fruit<br>Margarine                                                                                           | <b>*Holiday Meal:</b><br>BBQ Tofu<br>WG Macaroni & Cheese<br>Seasoned Collard Greens<br>Fresh Apple                                     | <b>Beverage Choice:</b><br>Milk or Juice<br><b>Menu subject to change</b><br><br>Denotes Sodium ≥ 1000 mg |