



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