



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 Smothered Garden Meatballs Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Margarine	2 Hoppin John Broccoli Florets Whole Wheat Roll Diced Pears Margarine	3 Plant-Based BBQ Chicken Caramelized Onion Jam WG Macaroni and Cheese Mixed Vegetables Fresh Orange	4 Tofu with Mango BBQ Sauce Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	5 Sloppy Joe w/Lentils Roasted Diced Potatoes Capri Vegetable Blend Whole Wheat Hamburger Bun Diced Peaches
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 Tots  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 Tots 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