



County Vegetarian Dinner Menu - November 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
Beverage Choice: Milk or Juice Menu subject to change  Denotes Sodium ≥ 1000 mg					Vegetarian Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Raisins	Cheese Omelet Sausage Patty Roasted Sweet Potatoes Whole Wheat English Muffin Applesauce Margarine & Jelly
Vegetarian Lasagna Bake Broccoli Florets Whole Grain Garlic Breadstick Fresh Orange Margarine	Hoppin John WG Macaroni & Cheese California Vegetable Blend Fresh Apple	Black Beans Brown Rice Corn w/Tomatoes & Green Chiles Mixed Fruit	Tofu with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Tropical Fruit Margarine	Black Bean Burger Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	Orange Glazed Tofu Brown Rice Green Peas Sliced Carrots Pineapple Tidbits	Northern Bean Alfredo Whole Grain Penne Pasta Brussels Sprouts Cauliflower Fresh Pear
Vegetarian Meatballs w/Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Fresh Orange Margarine	Apricot Mustard Tofu Roasted Sweet Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Margarine	WG Bean & Cheese Burrito Enchilada Sauce Charro Beans Calabacitas Fresh Apple	Black-eyed Peas Scalloped Potatoes Green Peas Whole Wheat Roll Diced Peaches Margarine	Tofu with Gravy WG Macaroni & Cheese California Vegetable Blend Raisins	Black Beans Brown Rice Plantains Broccoli Florets Tropical Fruit	Vegetarian Meatballs Sweet & Sour Sauce Whole Grain Penne Pasta Whole Kernel Corn Green Beans Mixed Fruit
Tofu Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit Fortune Cookie	Kidney Beans Brown Rice Glazed Carrots Tropical Fruit	Vegetarian Bolognese Whole Rotini Pasta Tuscany Vegetable Blend Spinach Fresh Pear	BBQ Black Bean Burger Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Fresh Orange	Cheese Enchiladas Enchilada Sauce Cilantro Lime Brown Rice Black Beans Applesauce	Kidney Beans Mediterranean Sauce Whole Grain Penne Pasta California Vegetable Blend Diced Pears	Peri Peri Tofu Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine
BBQ Tofu WG Macaroni & Cheese Seasoned Collard Greens Fresh Apple	Bean Chili Brown Rice Baby Carrots Broccoli Florets Mixed Fruit	Cheese Enchiladas Enchilada Sauce Pinto Beans Fiesta Vegetable Blend Pineapple Tidbits	Holiday Meal: Tofu w/ Gravy Cornbread Dressing Broccoli Florets Multi-Grain Bread Fruit Pumpkin Pie Margarine & Cranberry Sauce	Sloppy Joe Tater Tots Green Beans Whole Grain Hamburger Bun Fresh Pear Ketchup	Pineapple Glazed Tofu Confetti Brown Rice Brussels Sprouts Raisins	Vegetarian Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Applesauce