



Meals on Wheels of San Diego County

County Vegetarian Dinner Menu

December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Tofu with Mornay Sauce Whole Grain Penne Pasta Tuscany Vegetable Blend Fruit Cup	2 WG Vegetarian Fiesta Mac Corn Casserole  Green Beans Fruit	3 Cheese Enchiladas Enchilada Sauce Pinto Beans Fiesta Vegetable Blend Fruit Cup	4 Apricot Mustard Tofu Confetti Brown Rice Sliced Carrots Fruit Cup	5 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Fruit Cup	6 Curry Chickpeas Brown Rice Green Peas Cauliflower Fruit	7 Vegetarian Meatballs w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fruit Margarine
8 White Bean Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Fruit Cup	9 Tofu Al Pastor Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fruit	10 Northern Bean a la King Whole Grain Egg Noodles Glazed Carrots Fruit	11 Chickpea Vera Cruz Garlic Parmesan Brown Rice Broccoli Florets Fruit	12 Hungarian Tofu Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cup Margarine	13 Vegetarian Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Fruit	14 Cheese Omelet Sausage Patty Roasted Sweet Potatoes Whole Wheat English Muffin Fruit Cup Margarine & Jelly
15 Vegetarian Lasagna Bake Broccoli Florets Whole Grain Garlic Breadstick Fruit Margarine	16 Hoppin John WG Macaroni & Cheese California Vegetable Blend Fruit	17 Black Beans Brown Rice Corn w/Tomatoes & Green Chiles Fruit Cup	18 Tofu with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Fruit Cup Margarine	19 Black Bean Burger  Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	20 Orange Glazed Tofu Brown Rice Green Peas Sliced Carrots Fruit Cup	21 Northern Bean Alfredo Whole Grain Penne Pasta Brussels Sprouts Cauliflower Fruit
22 Vegetarian Meatballs w/Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Fruit Margarine	23 Apricot Mustard Tofu Roasted Sweet Potatoes Broccoli Florets Whole Wheat Roll Fruit Assorted Jelly	*24 	25 <i>Christmas Holiday Meal</i> Spinach & Mushroom Scramble Roasted Sweet Potatoes Whole Grain Biscuit Fruit Cup White Chocolate Macadamia Nut Cookie Margarine & Jelly	26 Tofu with Gravy WG Macaroni & Cheese California Vegetable Blend Fruit	27 Black Beans Brown Rice Plantains Broccoli Florets Fruit Cup	28 Vegetarian Meatballs Sweet & Sour Sauce Whole Grain Penne Pasta Whole Kernel Corn Green Beans Fruit Cup
29 Tofu Fried Rice Japanese Vegetable Blend Cabbage Fruit Cup Fortune Cookie	30 BBQ Black Bean Burger  Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Fruit	31 Black-eyed Peas Scalloped Potatoes Green Peas Whole Wheat Roll Fruit Margarine	*HOLIDAY MEAL WG Bean & Cheese Burrito Enchilada Sauce Charro Beans Calabacitas Fruit	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.		Beverage Choice: <u>Milk or Juice</u> Menu Subject to Change  Denotes Sodium ≥ 1000 mg