



Meals on Wheels of San Diego County

Dinner Menu

December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Chicken Parmesan Whole Grain Penne Pasta Tuscany Vegetable Blend Fruit Cup 	2 Whole Grain Shrimp Jambalaya Corn Casserole Green Beans Fruit	3 Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Fruit Cup	4 Chicken Enchiladas Enchilada Sauce Pinto Beans Fiesta Vegetable Blend Fruit Cup	5 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Fruit Cup	6 Coconut Curry Chicken Brown Rice Green Peas Cauliflower Fruit	7 Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fruit
8 Chicken Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Fruit Cup	9 Pork Carnitas Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fruit	10 Turkey a la King Whole Grain Egg Noodles Glazed Carrots Fruit	11 Salmon Patty Dill Sauce Garlic Parmesan Brown Rice Broccoli Florets Fruit	12 Hungarian Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cup Margarine	13 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Fruit	14 Turkey Breast with Gravy Roasted Sweet Potatoes Green Peas Whole Wheat Roll Fruit Cup Margarine
15 Italian Beef & Turkey Whole Grain Penne Bake Broccoli Florets Whole Grain Garlic Breadstick Fruit Margarine	16 Potato Crusted Pollock WG Macaroni & Cheese California Vegetable Blend Fruit Assorted Jelly Tartar Sauce	17 Sofrito Chicken Brown Rice Black Beans Corn w/Tomatoes & Green Chiles Fruit Cup	18 Pork with Onion Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Fruit Cup Margarine	19 Hamburger Patty Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	20 Whole Grain Turkey Tetrazzini Green Peas Sliced Carrots Fruit Cup	21 Baked Chicken Breast Roasted Garlic Marsala Sauce Whole Grain Penne Pasta Brussels Sprouts Cauliflower Fruit
22 Meatloaf with Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Fruit Margarine	23 Apple Cider Mustard Glazed Pork Roasted Sweet Potatoes Broccoli Florets Whole Wheat Roll Fruit Margarine	*24 	25 Christmas Holiday Meal Roast Beef with Gravy Scalloped Potatoes Baby Carrots Whole Wheat Roll Fruit Cup White Chocolate Macadamia Nut Cookie Margarine	26 Turkey Breast with Gravy WG Macaroni & Cheese California Vegetable Blend Fruit	27 Jamaican Jerk Chicken Brown Rice Plantains Broccoli Florets Fruit Cup	28 Sweet & Sour Meatballs Whole Grain Penne Pasta Whole Kernel Corn Green Beans Fruit Cup
29 Chicken Fried Rice Japanese Vegetable Blend Cabbage Fruit Cup Fortune Cookie	30 BBQ Pork Rib Patty Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Fruit	31 Potato Crusted Pollock Scalloped Potatoes Coleslaw Whole Wheat Roll Fruit Margarine & Tartar Sauce 	*HOLIDAY MEAL Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Fruit			Beverage Choice: <u>Milk or Juice</u> Menu Subject to Change  Denotes Sodium ≥ 1000 mg