






# Meals on Wheels of San Diego County

## County Dinner Menu - January 2026

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
<b>*New Year's Day Holiday Meal</b> Glazed Turkey Ham Black-eyed Peas Cabbage Whole Grain Corn Muffin Fruit Oatmeal Raisin Cookie  Margarine	<b>*MLK Holiday Meal</b> Chicken Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Fruit Cup		*1 	2 Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Fruit Cup	3 Baked Meatballs Mediterranean Sauce Whole Grain Penne Pasta Northern Beans California Vegetable Blend Fruit Cup	4 Peri Peri Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fruit
5 BBQ Chicken Drumsticks WG Macaroni & Cheese Seasoned Collard Greens Fruit	6 Chicken Tamale Pinto Beans Fiesta Vegetable Blend Fruit Cup	7 Lemon Scarpariello Chicken Whole Rotini Pasta Tuscany Vegetable Blend Spinach Fruit	8 Beer Battered Cod Cilantro Lime Rice Southwest Corn Fruit	9 Sloppy Joe Tater Tots Green Beans Whole Grain Hamburger Bun Fruit Ketchup	10 Honey Ginger Glazed Chicken Confetti Brown Rice Brussels Sprouts Fruit	11 Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Fruit Cup
12 Chicken Parmesan Whole Grain Penne Pasta Tuscany Vegetable Blend Fruit Cup 	13 Whole Grain Shrimp Jambalaya Corn Casserole Green Beans Fruit	14 Honey Balsamic Chicken Breast Whole Wheat Seasoned Couscous Broccoli Florets Fruit	15 Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Fruit Cup	16 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Fruit Cup	17 Coconut Curry Chicken Brown Rice Green Peas Cauliflower Fruit	18 Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fruit Margarine
*19 	20 Pork Tamale Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fruit	21 Turkey a la King Whole Grain Egg Noodles Glazed Carrots Fruit	22 Salmon Patty Dill Sauce Garlic Parmesan Brown Rice Broccoli Florets Fruit	23 Hungarian Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cup Margarine	24 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Fruit	25 Turkey Breast with Gravy Roasted Sweet Potatoes Green Peas Whole Wheat Roll Fruit Cup Margarine
26 Italian Beef & Turkey Whole Grain Penne Bake Broccoli Florets Whole Grain Garlic Breadstick Fruit Margarine	27 Potato Crusted Pollock WG Macaroni & Cheese California Vegetable Blend Fruit Tartar Sauce	28 Sofrito Chicken Brown Rice Black Beans Corn w/Tomatoes & Green Chiles Fruit Cup	29 Country Fried Steak Mashed Potatoes Mixed Vegetables Whole Wheat Roll Fruit Cup Margarine	30 Hamburger Patty Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	31 Whole Grain Turkey Tetrazzini Green Peas Sliced Carrots Fruit Cup	<b>Beverage Choice:</b> Milk or Juice Menu Subject to Change  Denotes Sodium ≥ 1000mg