






Meals on Wheels of San Diego County

Vegetarian Dinner Menu

January 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*New Year's Day Holiday Meal Pineapple Glazed Tofu Black-eyed Peas Cabbage Whole Grain Corn Muffin Fruit Oatmeal Raisin Cookie Margarine	*MLK Holiday Meal White Bean Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Fruit Cup		*1 	2 Cheese Enchiladas Enchilada Sauce Cilantro Lime Brown Rice Black Beans Fruit Cup	3 Kidney Beans Mediterranean Sauce Whole Grain Penne Pasta California Vegetable Blend Fruit Cup	4 Peri Peri Tofu Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fruit Margarine
5 BBQ Tofu WG Macaroni & Cheese Seasoned Collard Greens Fruit	6 Cheese Enchiladas Enchilada Sauce Pinto Beans Fiesta Vegetable Blend Fruit Cup	7 Vegetarian Bolognese Whole Rotini Pasta Tuscany Vegetable Blend Spinach Fruit	8 Bean Tamale Pie Cilantro Lime Rice Southwest Corn Fruit	9 Sloppy Joe Tater Tots Green Beans Whole Grain Hamburger Bun Fruit Ketchup	10 Pineapple Glazed Tofu Confetti Brown Rice Brussels Sprouts Fruit	11 Vegetarian Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Fruit Cup
12 Tofu with Mornay Sauce Whole Grain Penne Pasta Tuscany Vegetable Blend Fruit Cup	13 WG Vegetarian Fiesta Mac Corn Casserole Green Beans Fruit 	14 Caramelized Onion Beans Whole Wheat Seasoned Couscous Broccoli Florets Fruit	15 Apricot Mustard Tofu Confetti Brown Rice Sliced Carrots Fruit Cup	16 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Fruit Cup	17 Curry Chickpeas Brown Rice Green Peas Cauliflower Fruit	18 Vegetarian Meatballs w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fruit Margarine
*19 	20 Tofu Al Pastor Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fruit	21 Northern Bean a la King Whole Grain Egg Noodles Glazed Carrots Fruit	22 Chickpea Vera Cruz Garlic Parmesan Brown Rice Broccoli Florets	23 Hungarian Tofu Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cup Margarine	24 Vegetarian Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Fruit	25 Cheese Omelet Sausage Patty Roasted Sweet Potatoes Whole Wheat English Muffin Fruit Cup Margarine & Jelly
26 Vegetarian Lasagna Bake Broccoli Florets Whole Grain Garlic Breadstick Fruit Margarine	27 Hoppin John WG Macaroni & Cheese California Vegetable Blend Fruit	28 Black Beans Brown Rice Corn w/Tomatoes & Green Chiles Fruit Cup	29 Tofu with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Fruit Cup Margarine	30 Black Bean Burger Baked Beans  Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	31 Orange Glazed Tofu Brown Rice Green Peas Sliced Carrots Fruit Cup	Beverage Choice: Milk or Juice Menu Subject to Change  Denotes Sodium ≥ 1000 mg