



# Meals on Wheels of San Diego County

## County Frozen Menu

### February 2026



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|--|---|---|---|--|---|---|
| <p>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 &amp; Independent Services.</p> <p><small>S Denotes Sodium ≥ 1000 mg</small></p> |   | <b>Menu Subject to Change</b>   |   |  |   | <p>1 Baked Chicken Breast<br/>Roasted Garlic Marsala Sauce<br/>Whole Grain Penne Pasta<br/>Brussels Sprouts<br/>Cauliflower<br/>Fruit</p> |
| <p>2 Meatloaf with Gravy<br/>Mashed Potatoes<br/>Glazed Carrots<br/>Whole Wheat Bread<br/>Fruit<br/>Margarine</p>  | <p>3 Apple Cider Mustard Glazed Pork<br/>Roasted Sweet Potatoes<br/>Broccoli Florets<br/>Whole Wheat Roll<br/>Fruit<br/>Margarine</p> | <p>4 Chicken Breast Meat<br/>Ranchero Sauce<br/>Cilantro Lime Brown Rice<br/>Charro Beans<br/>Calabacitas<br/>Fruit</p> | <p>5 Potato Crusted Pollock<br/>Scalloped Potatoes<br/>Green Peas<br/>Whole Wheat Roll<br/>Fruit Cup<br/>Margarine<br/>Tartar Sauce</p> | <p>6 Turkey Breast with Gravy<br/>WG Macaroni &amp; Cheese<br/>California Vegetable Blend<br/>Fruit</p>  | <p>7 Jamaican Jerk Chicken<br/>Brown Rice<br/>Plantains<br/>Broccoli Florets<br/>Fruit Cup</p>  | <p>8 Sweet &amp; Sour Meatballs<br/>Whole Grain Penne Pasta<br/>Whole Kernel Corn<br/>Green Beans<br/>Fruit Cup</p>                       |
| <p>9 Chicken Fried Rice<br/>Japanese Vegetable Blend<br/>Cabbage<br/>Fruit Cup<br/>Fortune Cookie</p>  | <p>10 Baked Flounder<br/>Ginger Scallion Sauce<br/>Garlic Parmesan Brown Rice<br/>Glazed Carrots<br/>Fruit Cup</p>                    | <p>11 Lemon Scarpariello Chicken<br/>Whole Rotini Pasta<br/>Tuscan Vegetable Blend<br/>Spinach<br/>Fruit</p>            | <p>12 Pork Tamale<br/>Pinto Beans<br/>Fiesta Vegetable Blend Fruit Cup</p>  | <p>13 <b>Valentine's Day Meal</b><br/>Cranberry Dijon Chicken<br/>Scalloped Potatoes<br/>Green Beans Amandine<br/>Multi-Grain Bread<br/>Fruit<br/>Double Chocolate Cookie with Pink Milk Chocolate Candy<br/>Margarine</p> | <p>14 Baked Meatballs<br/>Mediterranean Sauce<br/>Whole Grain Penne Pasta<br/>Northern Beans<br/>California Vegetable Blend<br/>Fruit Cup</p> | <p>15 Peri Peri Chicken<br/>Oven Roasted Potatoes<br/>Mixed Vegetables<br/>Whole Wheat Roll<br/>Fruit<br/>Margarine</p>                   |
| <p>16 BBQ Chicken Drumsticks<br/>WG Macaroni &amp; Cheese<br/>Seasoned Collard Greens<br/>Fruit</p>  | <p>17 Sweet &amp; Sour Pork<br/>Fried Brown Rice<br/>Japanese Vegetable Blend<br/>Fruit Cup</p>                                       | <p>18 Chicken Tamale<br/>Pinto Beans<br/>Fiesta Vegetable Blend<br/>Fruit Cup</p>                                       | <p>19 Beer Battered Cod<br/>Cilantro Lime Rice<br/>Southwest Corn<br/>Fruit</p>   | <p>20 Baked Chicken Breast<br/>Pumpkin Seed Mole<br/>Cilantro Lime Brown Rice<br/>Black Beans<br/>Fruit Cup</p>  | <p>21 Honey Ginger Glazed Chicken<br/>Confetti Brown Rice<br/>Brussels Sprouts<br/>Fruit</p>  | <p>22 Swedish Meatballs<br/>Whole Grain Penne Pasta<br/>Green Peas<br/>Sliced Carrots<br/>Fruit Cup</p>                                   |
| <p>23 Chicken Parmesan<br/>Whole Grain Penne Pasta<br/>Tuscan Vegetable Blend<br/>Fruit Cup</p> <p><small>S</small></p>  | <p>24 Whole Grain Shrimp Jambalaya<br/>Corn Casserole<br/>Green Beans<br/>Fruit</p>   | <p>25 Honey Balsamic Chicken Breast<br/>Whole Wheat Seasoned Couscous<br/>Broccoli Florets<br/>Fruit</p>                | <p>26 Apricot Mustard Pork<br/>Confetti Brown Rice<br/>Sliced Carrots<br/>Fruit Cup</p>   | <p>27 WG Bean &amp; Cheese Burrito<br/>Enchilada Sauce<br/>Black Beans<br/>Fajita Vegetable Blend<br/>Fruit Cup</p>  | <p>28 Coconut Curry Chicken<br/>Brown Rice<br/>Green Peas<br/>Cauliflower<br/>Fruit</p>   | <p><b>Beverage Choice:</b><br/>Milk. or Juice.<br/><b>Menu Subject to Change</b></p>  |