



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