



Meals on Wheels of San Diego County

Frozen Menu

February 2026



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