




# Meals on Wheels of San Diego County

## Vegetarian Frozen Menu

### February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>Menu Subject to Change</b>  Denotes Sodium ≥ 1000 mg				<sup>1</sup> Northern Bean Alfredo Whole Grain Penne Pasta Brussels Sprouts Cauliflower Fruit
<sup>2</sup> Vegetarian Meatballs w/Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Fruit Margarine	<sup>3</sup> Apricot Mustard Tofu Roasted Sweet Potatoes Broccoli Florets Whole Wheat Roll Fruit Assorted Jelly	<sup>4</sup> WG Bean & Cheese Burrito Enchilada Sauce Charro Beans Calabacitas Fruit	<sup>5</sup> Black-eyed Peas Scalloped Potatoes Green Peas Whole Wheat Roll Fruit Cup Margarine	<sup>6</sup> Tofu with Gravy WG Macaroni & Cheese California Vegetable Blend Fruit	<sup>7</sup> Black Beans Brown Rice Plantains Broccoli Florets Fruit Cup	<sup>8</sup> Vegetarian Meatballs Sweet & Sour Sauce Whole Grain Penne Pasta Whole Kernel Corn Green Beans Fruit Cup
<sup>9</sup> Tofu Fried Rice Japanese Vegetable Blend Cabbage Fruit Cup Fortune Cookie	<sup>10</sup> Kidney Beans Brown Rice Glazed Carrots Fruit Cup	<sup>11</sup> Vegetarian Bolognese Whole Rotini Pasta Tuscany Vegetable Blend Spinach Fruit	<sup>12</sup> BBQ Black Bean Burger Baked Beans  Whole Kernel Corn Whole Grain Hamburger Bun Fruit	<sup>13</sup> <b>Valentine's Day Meal</b> Cranberry Orange Tofu Scalloped Potatoes French Green Beans Multi-Grain Bread Fruit Double Chocolate Cookie with Pink Milk Chocolate Candy Gems Margarine	<sup>14</sup> Kidney Beans Mediterranean Sauce Whole Grain Penne Pasta California Vegetable Blend Fruit Cup	<sup>15</sup> Peri Peri Tofu Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fruit Margarine
<sup>16</sup> BBQ Tofu WG Macaroni & Cheese Seasoned Collard Greens Fruit	<sup>17</sup> Bean Chili Brown Rice Baby Carrots Broccoli Florets Fruit Cup	<sup>18</sup> Cheese Enchiladas Enchilada Sauce Pinto Beans Fiesta Vegetable Blend Fruit Cup	<sup>19</sup> Bean Tamale Pie Cilantro Lime Rice Southwest Corn Fruit	<sup>20</sup> Cheese Enchiladas Enchilada Sauce Cilantro Lime Brown Rice Black Beans Fruit Cup	<sup>21</sup> Pineapple Glazed Tofu Confetti Brown Rice Brussels Sprouts Fruit	<sup>22</sup> Vegetarian Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Fruit Cup
<sup>23</sup> Tofu with Mornay Sauce Whole Grain Penne Pasta Tuscany Vegetable Blend Fruit Cup	<sup>24</sup> WG Vegetarian Fiesta Mac Corn Casserole  Green Beans Fruit	<sup>25</sup> Caramelized Onion Beans Whole Wheat Seasoned Couscous Broccoli Florets Fruit	<sup>26</sup> Apricot Mustard Tofu Confetti Brown Rice Sliced Carrots Fruit Cup	<sup>27</sup> WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Fruit Cup	<sup>28</sup> Curry Chickpeas Brown Rice Green Peas Cauliflower Fruit	<b>Beverage Choice:</b> Milk, or Juice.