



Meals on Wheels of San Diego County

Vegetarian Frozen Menu

February 2026



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