



Meals on Wheels of San Diego County

Frozen Menu

March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Menu Subject to Change  Denotes Sodium ≥ 1000 mg				1 Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fruit Margarine
2 Chicken Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Fruit Cup	3 Pork Tamale Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fruit	4 Turkey a la King Whole Grain Egg Noodles Glazed Carrots Fruit	5 Salmon Patty Dill Sauce Garlic Parmesan Brown Rice Broccoli Florets Fruit	6 Hungarian Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cup Margarine	7 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Fruit	8 Turkey Breast with Gravy Roasted Sweet Potatoes Green Peas Whole Wheat Roll Fruit Cup Margarine
9 Italian Beef & Turkey Whole Grain Penne Bake Broccoli Florets Whole Grain Garlic Breadstick Fruit Margarine	10 Potato Crusted Pollock WG Macaroni & Cheese California Vegetable Blend Fruit Tartar Sauce	11 Sofrito Chicken Brown Rice Black Beans Corn w/Tomatoes & Green Chiles Fruit Cup	12 Pork with Onion Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Fruit Cup Margarine	13 Hamburger Patty Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	14 Whole Grain Turkey Tetrazzini Green Peas Sliced Carrots Fruit Cup	15 Baked Chicken Breast Roasted Garlic Marsala Sauce Whole Grain Penne Pasta Brussels Sprouts Cauliflower Fruit
16 Turkey Breast with Gravy WG Macaroni & Cheese California Vegetable Blend Fruit	17 St. Patrick's Day Meal Corned Beef Roasted Diced Potatoes Sliced carrots Cabbage Rye Bread Fruit Cup Margarine	18 Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Fruit	19 Potato Crusted Pollock Scalloped Potatoes Green Peas Whole Wheat Roll Fruit Cup Margarine Tartar Sauce	20 Chicken Fried Steak Mashed Potatoes Glazed Carrots Whole Wheat Bread Fruit Margarine	21 Jamaican Jerk Chicken Brown Rice Plantains Broccoli Florets Fruit Cup	22 Sweet & Sour Meatballs Whole Grain Penne Pasta Whole Kernel Corn Green Beans Fruit Cup
23 Chicken Fried Rice Japanese Vegetable Blend Cabbage Fruit Cup Fortune Cookie	24 Apple Cider Mustard Glazed Pork Roasted Sweet Potatoes Broccoli Florets Whole Wheat Roll Fruit Margarine	25 Lemon Scarpariello Chicken Whole Rotini Pasta Tuscany Vegetable Blend Spinach Fruit	26 BBQ Pork Rib Patty Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Fruit 	27 Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Fruit Cup	28 Baked Meatballs Mediterranean Sauce Whole Grain Penne Pasta Northern Beans California Vegetable Blend Fruit Cup	29 Peri Peri Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fruit Margarine
30 BBQ Chicken Drumsticks WG Macaroni & Cheese Seasoned Collard Greens Fruit	31 Szechuan Pork Brown Rice Baby Carrots Broccoli Florets Fruit Cup					Beverage Choice: Milk, or Juice.