



Meals on Wheels of San Diego County

Vegetarian Frozen Menu

March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Menu Subject to Change  Denotes Sodium ≥ 1000 mg				1 Vegetarian Meatballs w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fruit Margarine
2 White Bean Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Fruit Cup	3 Tofu Al Pastor Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fruit	4 Northern Bean a la King Whole Grain Egg Noodles Glazed Carrots Fruit	5 Chickpea Vera Cruz Garlic Parmesan Brown Rice Broccoli Florets Fruit	6 Hungarian Tofu Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cup Margarine	7 Vegetarian Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Fruit	8 Cheese Omelet Sausage Patty Roasted Sweet Potatoes Whole Wheat English Muffin Fruit Cup Margarine & Jelly
9 Vegetarian Lasagna Bake Broccoli Florets Whole Grain Garlic Breadstick Fruit Margarine	10 Hoppin John WG Macaroni & Cheese California Vegetable Blend Fruit	11 Black Beans Brown Rice Corn w/Tomatoes & Green Chiles Fruit Cup	12 Tofu with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Fruit Cup Margarine	13 Black Bean Burger Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	14 Orange Glazed Tofu Brown Rice Green Peas Sliced Carrots Fruit Cup	15 Northern Bean Alfredo Whole Grain Penne Pasta Brussels Sprouts Cauliflower Fruit
16 Tofu with Gravy WG Macaroni & Cheese California Vegetable Blend Fruit	17 St. Patrick's Day Holiday Meal Bean Chili Brown Rice Glazed Carrots Rye Bread Fruit Cup Margarine	18 WG Bean & Cheese Burrito Enchilada Sauce Charro Beans Calabacitas Fruit	19 Black-eyed Peas Scalloped Potatoes Green Peas Whole Wheat Roll Fruit Cup Margarine	20 Vegetarian Meatballs w/Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Fruit Margarine	21 Black Beans Brown Rice Plantains Broccoli Florets Fruit Cup	22 Vegetarian Meatballs Sweet & Sour Sauce Whole Grain Penne Pasta Whole Kernel Corn Green Beans Fruit Cup
23 Tofu Fried Rice Japanese Vegetable Blend Cabbage Fruit Cup Fortune Cookie	24 Apricot Mustard Tofu Roasted Sweet Potatoes Broccoli Florets Whole Wheat Roll Fruit Margarine	25 Vegetarian Bolognese Whole Rotini Pasta Tuscany Vegetable Blend Spinach Fruit	26 BBQ Black Bean Burger Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Fruit	27 Cheese Enchiladas Enchilada Sauce Cilantro Lime Brown Rice Black Beans Fruit Cup	28 Kidney Beans Mediterranean Sauce Whole Grain Penne Pasta California Vegetable Blend Fruit Cup	29 Peri Peri Tofu Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fruit Margarine
30 BBQ Tofu WG Macaroni & Cheese Seasoned Collard Greens Fruit	31 Bean Chili Brown Rice Baby Carrots Broccoli Florets Fruit Cup					Beverage Choice: Milk, or Juice.