

Meals on Wheels San Diego County

County Frozen Menu

April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>The suggested contribution for each meal is \$3.00. Your contribution is purely voluntary and confidential. You will not be denied a meal if you choose not to contribute. This nutrition program is supported in part by the County of San Diego, Aging & Independent Services.</p>						
		1	2	3	4	5
		Honey Balsamic Chicken Breast Whole Wheat Seasoned Couscous Broccoli Florets Fresh Pear	Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Mixed Fruit	WG Bean & Cheese Burrito <i>Enchilada Sauce</i> <i>Black Beans</i> <i>Fajita Vegetable Blend</i> <i>Tropical Fruit</i>	Coconut Curry Chicken <i>Brown Rice</i> <i>Green Peas</i> Cauliflower Fresh Orange	Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
6	7	8	9	10	11	12
Curry Chicken Coconut Brown Rice Green Peas Cauliflower Fresh Apple	WG Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine Tartar Sauce	 Salisbury Steak Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine	Pork Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange	Hamburger Patty Tater Tot Dilled Carrots Whole Grain Hamburger Bun Pineapple Tidbits Ketchup Mustard	Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine	Baked Chicken Breast Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear
13	14	15	16	17	18	19
Country Fried Steak Onion Gravy  Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	Mushroom Pork Roasted Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine	Caribbean Glazed Chicken Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine	Tuna Croquette Brown Rice Garden Vegetable Blend Fresh Orange	Beef Taco Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear	Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit
20	21	22	23	24	25	26
Chicken Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear	Hoisin Pork Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	Beef Patty Mushroom Brown Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine	Lemon Pepper Pollock Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine	Sweet and Sour Chicken Fried Brown Rice Broccoli Florets Mixed Fruit	Meatballs with Spaghetti Sauce WG Penne Pasta Squash, Zucchini, and Tomatoes Brussels Sprouts Fresh Apple	 Roasted Turkey Breast Tarragon Sauce Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine
27	28	29	30			
Hamburger Patty Tater Tot Broccoli Florets WG Hamburger Bun Fresh Orange Mustard/Ketchup	Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple	Scampi Chicken Oven Roasted Diced Potatoes California Vegetable Blend Whole Wheat Roll Fresh Apple	Chickpea Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits		Beverage of Choice: Milk or Juice	Menu Subject to Change  Denotes Sodium ≥ 1000 mg