

Meals on Wheels San Diego County

County Vegetarian Frozen Menu

April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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.		1 Caramelized Onion Beans Whole Wheat Seasoned Couscous Broccoli Florets Fresh Pear	2 Apricot Mustard Tofu Confetti Brown Rice Sliced Carrots Mixed Fruit	3 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit	4 Curry Chickpeas Brown Rice Green Peas Cauliflower Fresh Orange	5 Vegetarian Meatballs w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
6 Curried Chickpeas Brown Rice Green Peas Cauliflower Fresh Apple	7 Meatballs Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine	8 Lentil Stew O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine	9 Tofu Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange	10 Lentil Sloppy Joe Tater Tots Dilled Carrots WW Hamburger Bun Pineapple Tidbits Ketchup Mustard	11 Glazed Tofu Roasted Sweet Pot Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine	12 Chick'n Breast (Plant Based) Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear
13 Hoppin John Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	14 Vegetarian Chili with Beans Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine	15 Jamaican Tofu Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine	16 Vegetable Bean Stew Brown Rice Garden Vegetable Blend Fresh Orange	17 Tofu Fajitas Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	18 Chick'n Breast (Plant Based) BBQ Sauce WG Macaroni and Cheese Collard Greens Fresh Pear	19 Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit
20 Tofu Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear	21 Curry Chickpea Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	22 Chick'n Breast (Plant Based) Vegetarian Au Jus Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine	23 Cheese Omelet Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine	24 Sweet and Sour Tofu Fried Brown Rice Broccoli Florets Mixed Fruit Fortune Cookie	25 Lentil Bolognese WG Penne Pasta Squash, Zucchini, and Tomatoes Brussels Sprouts Fresh Apple	26 Meatballs Vegetarian Gravy Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine
27 Black Bean Burger Tater Tots Broccoli Florets WG Hamburger Bun Fresh Orange Mustard/Ketchup	28 Baked Tofu Verde Sauce Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple	29 Tofu Fajitas Oven Roasted Diced Potatoes California Vegetable Blend Whole Wheat Roll Fresh Apple Margarine	30 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