

Meals on Wheels San Diego County

Frozen Menu

April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Honey Balsamic Chicken Breast Whole Wheat Seasoned Couscous Broccoli Florets Fresh Pear	2 Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Mixed Fruit	3 WG Bean & Cheese Burrito <i>Enchilada Sauce</i> <i>Black Beans</i> <i>Fajita Vegetable Blend</i> <i>Tropical Fruit</i>	4 Coconut Curry Chicken <i>Brown Rice</i> <i>Green Peas</i> Cauliflower Fresh Orange	5 Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
6 Curry Chicken Coconut Brown Rice Green Peas Cauliflower Fresh Apple	7 WG Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine Tartar Sauce	8  Salisbury Steak Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine	9 Pork Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange	10 Hamburger Patty Tater Tot Dilled Carrots Whole Grain Hamburger Bun Pineapple Tidbits Ketchup Mustard	11 Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine	12 Baked Chicken Breast Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear
13 Country Fried Steak Onion Gravy  Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	14 Mushroom Pork Roasted Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine	15 Caribbean Glazed Chicken Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine	16 Tuna Croquette Brown Rice Garden Vegetable Blend Fresh Orange	17 Beef Taco Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	18 Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear	19 Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit
20 Chicken Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear	21 Hoisin Pork Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	22 Beef Patty Mushroom Brown Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine	23 Lemon Pepper Pollock Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine	24 Sweet and Sour Chicken Fried Brown Rice Broccoli Florets Mixed Fruit	25 Meatballs with Spaghetti Sauce WG Penne Pasta Squash, Zucchini, and Tomatoes Brussels Sprouts Fresh Apple	26  Roasted Turkey Breast Tarragon Sauce Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine
27 Hamburger Patty Tater Tot Broccoli Florets WG Hamburger Bun Fresh Orange Mustard/Ketchup	28 Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple	29 Scampi Chicken Oven Roasted Diced Potatoes California Vegetable Blend Whole Wheat Roll Fresh Apple	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