





# Meals on Wheels San Diego County

## County Frozen Menu

### May 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 &amp; Independent Services.</p>		<p><b>Menu Subject to Change</b></p> <p> Denotes Sodium ≥ 1000 mg</p>	<p><b>Beverage of Choice:</b> Milk or Juice</p>	<p>Bruschetta Chicken WG Au Gratin Rotini Green Beans Diced Peaches</p>	<p> Meatloaf Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Roll Mixed Fruit  Margarine</p>	<p>Creamy Paprika Chicken Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange  Margarine</p>
<p>4 Beef Stroganoff WG Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits</p>	<p>5 <b>Cinco de Mayo Meal</b> Whole Grain Bean and Cheese Burrito Enchilada Sauce Fiesta Corn Broccoli Florets Raisins  Carnival Cookie</p>	<p>6 Chicken and Biscuit Whipped Potatoes Green Beans Fresh Apple</p>	<p>7 Sweet and Sour Pork Fried Brown Rice Japanese Vegetable Blend Fresh Pear</p>	<p>8 <b>Mother's Day Meal</b> Chicken Supreme WG Garlic Pasta Mixed Vegetables Mandarin Oranges  Margarine Strawberry Shortcake Cookie</p>	<p>9 Mango BBQ Chicken Baked Beans Collard Greens Whole Wheat Roll Applesauce  Margarine</p>	<p>10 Sloppy Joe Oven Roasted Diced Potatoes Capri Vegetable Blend Whole Grain Hamburger Bun Diced Peaches</p>
<p>11 Chicken Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit  Fortune Cookie</p>	<p>12 Creole Crab Cake Cubed Sweet Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear   Margarine</p>	<p>13 Lemon Scarpariello Chicken WG Rotini Pasta Tuscany Vegetable Blend Spinach Pineapple Tidbits</p>	<p>14 BBQ Pork Rib Patty Whole Kernel Corn Glazed Carrots Whole Wheat Roll Fresh Orange</p>	<p>15 Chicken with Enchilada Sauce Cilantro Lime Brown Rice Black Beans Applesauce</p>	<p>16 Mediterranean Meatballs WG Penne Pasta Northern Beans California Vegetable Blend Diced Pears</p>	<p>17 Peri Peri Chicken Oven Roasted Diced Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple  Margarine</p>
<p>18 Curry Chicken Brown Rice Green Peas Cauliflower Fresh Apple</p>	<p>19 WG Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit  Margarine Tartar Sauce</p>	<p>20  Salisbury Steak Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges  Margarine</p>	<p>21 Pork Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange</p>	<p>22 <b>Memorial Day Meal</b> Hamburger Patty Ranch Beans Parslied Carrots Whole Grain Hamburger Bun Whole Grain Mixed Fruit Crisp  Mustard Ketchup</p>	<p>23 Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Roll Diced Peaches  Margarine</p>	<p>24 Baked Chicken Breast Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear</p>
<p>25 Country Fried Steak Onion Gravy Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits   Margarine</p>	<p>26 Mushroom Pork Roasted Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges  Margarine</p>	<p>27 Caribbean Glazed Chicken Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears  Margarine</p>	<p>28 Tuna Croquette Brown Rice Garden Vegetable Blend Fresh Orange</p>	<p>29 Beef Taco Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple  Taco Sauce</p>	<p>30 Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear</p>	<p>31 Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit</p>