



Meals on Wheels San Diego County County Vegetarian 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 & Independent Services.</p>		<p>Menu Subject to Change</p> <p> Denotes Sodium ≥ 1000 mg</p>	<p>Beverage of Choice: Milk or Juice</p>	<p>Chick'n Breast (Plant Based)¹ Bruschetta Sauce WG Au Gratin Rotini Green Beans Diced Peaches</p>	<p>Meatballs² Vegetarian Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Roll Mixed Fruit Margarine</p>	<p>Creamy Chickpea Tikka Masala³ Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Margarine</p>
<p>Vegetarian Stroganoff⁴ WG Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits</p>	<p>Cinco de Mayo Meal⁵ Whole Grain Bean and Cheese Burrito Enchilada Sauce Fiesta Corn Broccoli Florets Raisins Carnival Cookie</p>	<p>Meatballs⁶ Vegetarian Gravy Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Margarine</p>	<p>Baked Tofu⁷ Sweet and Sour Sauce Brown Fried Rice Japanese Vegetable Blend Fresh Pear</p>	<p>Mother's Day Meal⁸ Glazed Tofu WG Garlic Pasta Mixed Vegetables Mandarin Oranges Margarine Strawberry Shortcake Cookie</p>	<p>Baked Tofu⁹ Mango BBQ Sauce Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine</p>	<p>Sloppy Joe¹⁰ Oven Roasted Diced Potatoes Capri Vegetable Blend Whole Grain Hamburger Bun Diced Peaches</p>
<p>Tofu Fried Rice¹¹ Japanese Vegetable Blend Cabbage Mixed Fruit Fortune Cookie</p>	<p>Creole Tofu¹² Cubed Sweet Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Margarine</p>	<p>Lentil Bolognese¹³ WG Rotini Pasta Tuscany Vegetable Blend Spinach Pineapple Tidbits</p>	<p>Lentil Sloppy Joe¹⁴ Whole Kernel Corn Glazed Carrots Whole Wheat Roll Fresh Orange</p>	<p>Cheese Enchiladas¹⁵ Enchilada Sauce Black Beans Fajita Vegetable Blend Applesauce</p>	<p>Mediterranean Kidney Beans¹⁶ WG Penne Pasta California Vegetable Blend Diced Pears</p>	<p>Peri Peri Tofu¹⁷ Oven Roasted Diced Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine</p>
<p>Curried Chickpeas¹⁸ Brown Rice Green Peas Cauliflower Fresh Apple</p>	<p>Meatballs¹⁹ Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine</p>	<p>Lentil Stew²⁰ O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine</p>	<p>Tofu Al Pastor²¹ Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange</p>	<p>Memorial Day Meal²² Black Bean Burger Ranch Beans  Parslied Carrots Whole Grain Hamburger Bun Whole Grain Mixed Fruit Crisp Mustard Ketchup</p>	<p>Glazed Tofu²³ Roasted Sweet Pot Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine</p>	<p>Chick'n Breast (Plant Based)²⁴ Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear</p>
<p>Hoppin John²⁵ Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine</p>	<p>Vegetarian Chili with Beans²⁶ Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine</p>	<p>Jamaican Tofu²⁷ Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine</p>	<p>Vegetable Bean Stew²⁸ Brown Rice Garden Vegetable Blend Fresh Orange</p>	<p>Tofu Fajitas²⁹ Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce</p>	<p>Chick'n Breast (Plant Based)³⁰ BBQ Sauce WG Macaroni and Cheese Collard Greens Fresh Pear</p>	<p>Swedish Meatballs³¹ WG Egg Noodles Green Peas Baby Carrots Mixed Fruit</p>