



# Meals on Wheels San Diego County

## Vegetarian Frozen Menu

### May 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>Menu Subject to Change</b>  Denotes Sodium ≥ 1000 mg	<b>Beverage of Choice:</b> Milk or Juice	Chick'n Breast (Plant Based) <sup>1</sup> Bruschetta Sauce WG Au Gratin Rotini Green Beans Diced Peaches	Meatballs <sup>2</sup> Vegetarian Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Roll Mixed Fruit  Margarine	Creamy Chickpea Tikka Masala <sup>3</sup> Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange  Margarine
Vegetarian Stroganoff <sup>4</sup> WG Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits	<b>Cinco de Mayo Meal</b> <sup>5</sup> Whole Grain Bean and Cheese Burrito Enchilada Sauce Fiesta Corn Broccoli Florets Raisins  Carnival Cookie	Meatballs <sup>6</sup> Vegetarian Gravy Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple  Margarine	Baked Tofu <sup>7</sup> Sweet and Sour Sauce Brown Fried Rice Japanese Vegetable Blend Fresh Pear	<b>Mother's Day Meal</b> <sup>8</sup> Glazed Tofu WG Garlic Pasta Mixed Vegetables Mandarin Oranges  Margarine Strawberry Shortcake Cookie	Baked Tofu <sup>9</sup> Mango BBQ Sauce Baked Beans Collard Greens Whole Wheat Roll Applesauce  Margarine	Sloppy Joe <sup>10</sup> Oven Roasted Diced Potatoes Capri Vegetable Blend Whole Grain Hamburger Bun Diced Peaches
Tofu Fried Rice <sup>11</sup> Japanese Vegetable Blend Cabbage Mixed Fruit  Fortune Cookie	Creole Tofu <sup>12</sup> Cubed Sweet Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear  Margarine	Lentil Bolognese <sup>13</sup> WG Rotini Pasta Tuscany Vegetable Blend Spinach Pineapple Tidbits	Lentil Sloppy Joe <sup>14</sup> Whole Kernel Corn Glazed Carrots Whole Wheat Roll Fresh Orange	Cheese Enchiladas <sup>15</sup> Enchilada Sauce Black Beans Fajita Vegetable Blend Applesauce	Mediterranean Kidney Beans <sup>16</sup> WG Penne Pasta California Vegetable Blend Diced Pears	Peri Peri Tofu <sup>17</sup> Oven Roasted Diced Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple  Margarine
Curried Chickpeas <sup>18</sup> Brown Rice Green Peas Cauliflower Fresh Apple	Meatballs <sup>19</sup> Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit  Margarine	Lentil Stew <sup>20</sup> O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges  Margarine	Tofu Al Pastor <sup>21</sup> Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange	<b>Memorial Day Meal</b> <sup>22</sup> Black Bean Burger Ranch Beans  Parslied Carrots Whole Grain Hamburger Bun Whole Grain Mixed Fruit Crisp  Mustard Ketchup	Glazed Tofu <sup>23</sup> Roasted Sweet Pot Brussels Sprouts Whole Wheat Roll Diced Peaches  Margarine	Chick'n Breast (Plant Based) <sup>24</sup> Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear
Hoppin John <sup>25</sup> Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits  Margarine	Vegetarian Chili with Beans <sup>26</sup> Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges  Margarine	Jamaican Tofu <sup>27</sup> Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears  Margarine	Vegetable Bean Stew <sup>28</sup> Brown Rice Garden Vegetable Blend Fresh Orange	Tofu Fajitas <sup>29</sup> Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple  Taco Sauce	Chick'n Breast (Plant Based) <sup>30</sup> BBQ Sauce WG Macaroni and Cheese Collard Greens Fresh Pear	Swedish Meatballs <sup>31</sup> WG Egg Noodles Green Peas Baby Carrots Mixed Fruit