





Meals on Wheels San Diego County

County Frozen Menu

June 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p>Chicken Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear</p>	<p>2</p> <p>Hoisin Pork Dirty Brown Rice Whole Kernel Corn Mandarin Oranges</p>	<p>3</p> <p>Salisbury Steak Brown Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits</p> <p>Margarine</p>	<p>4</p> <p>Lemon Pepper Pollock Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange</p> <p>Margarine</p>	<p>5</p> <p>Sweet and Sour Chicken Fried Brown Rice Broccoli Florets Mixed Fruit</p>	<p>6</p> <p>Meatballs with Spaghetti Sauce WG Penne Pasta Squash, Zucchini, and Tomatoes Brussels Sprouts Fresh Apple</p>	<p>7</p> <p> Roasted Turkey Breast Tarragon Sauce Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches</p> <p>Margarine</p>
<p>8</p> <p>Hamburger Patty Tater Tots Broccoli Florets WG Hamburger Bun Fresh Orange</p> <p>Mustard/Ketchup</p>	<p>9</p> <p>Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple</p>	<p>10</p> <p>Scampi Chicken Oven Roasted Diced Potatoes California Vegetable Blend Whole Wheat Roll Fresh Apple</p>	<p>11</p> <p>Chickpea Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits</p>	<p>12</p> <p>Bruschetta Chicken WG Au Gratin Rotini Green Beans Diced Peaches</p>	<p>13</p> <p> Meatloaf Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Roll Mixed Fruit</p> <p>Margarine</p>	<p>14</p> <p>Creamy Paprika Chicken Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange</p> <p>Margarine</p>
<p>15</p> <p>Beef Stroganoff WG Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits</p>	<p>16</p> <p>Salmon Patty Dill Sauce Confetti Brown Rice Broccoli Florets Whole Wheat Roll Diced Pears</p> <p>Margarine</p>	<p>17</p> <p>Chicken and Biscuit Whipped Potatoes Green Beans Fresh Apple</p>	<p>18</p> <p>Sweet and Sour Pork Fried Brown Rice Japanese Vegetable Blend Fresh Pear</p>	<p>19</p> <p>Salisbury Steak with Gravy WG Macaroni and Cheese California Vegetable Blend Pineapple Tidbits</p> <p>Margarine Chocolate Chip Cookie</p>	<p>20</p> <p>Mango BBQ Chicken Baked Beans Collard Greens Whole Wheat Roll Applesauce</p> <p>Margarine</p>	<p>21</p> <p>Sloppy Joe Oven Roasted Diced Potatoes Capri Vegetable Blend Whole Grain Hamburger Bun Diced Peaches</p>
<p>22</p> <p>Chicken Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit</p> <p>Fortune Cookie</p>	<p>23</p> <p>Creole Crab Cake Cubed Sweet Potatoes Broccoli Florets Whole Wheat Roll  Fresh Pear</p> <p>Margarine</p>	<p>24</p> <p>Lemon Scarpariello Chicken WG Rotini Pasta Tuscany Vegetable Blend Spinach Pineapple Tidbits</p>	<p>25</p> <p>BBQ Pork Rib Patty Whole Kernel Corn Glazed Carrots Whole Wheat Roll Fresh Orange</p>	<p>26</p> <p>Chicken with Enchilada Sauce Cilantro Lime Brown Rice Black Beans Applesauce</p>	<p>27</p> <p>Mediterranean Meatballs WG Penne Pasta Northern Beans California Vegetable Blend Diced Pears</p>	<p>28</p> <p>Peri Peri Chicken Oven Roasted Diced Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple</p> <p>Margarine</p>
<p>29</p> <p>Curry Chicken Brown Rice Green Peas Cauliflower Fresh Apple</p>	<p>30</p> <p>WG Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit</p> <p>Margarine Tartar Sauce</p>		<p>Beverage Choice: Milk or Juice</p>	<p>Menu Subject to Change</p> <p> Denotes Sodium ≥ 1000 mg</p>	<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>	