



Meals on Wheels San Diego County County Vegetarian Frozen Menu June 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Tofu Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear	2 Curry Chickpea Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	3 Chick'n Breast (Plant Based) Vegetarian Au Jus Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine	4 Cheese Omelet Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine	5 Sweet and Sour Tofu Fried Brown Rice Broccoli Florets Mixed Fruit Fortune Cookie	6 Lentil Bolognese WG Penne Pasta Squash, Zucchini, and Tomatoes Brussels Sprouts Fresh Apple	7 Meatballs Vegetarian Gravy Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine
8  Black Bean Burger Tater Tots Broccoli Florets WG Hamburger Bun Fresh Orange Mustard/Ketchup	9 Baked Tofu Verde Sauce Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple	10 Tofu Fajitas Oven Roasted Diced Potatoes California Vegetable Blend Whole Wheat Roll Fresh Apple Margarine	11 Chickpea Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits Milk	12 Chick'n Breast (Plant Based) Bruschetta Sauce WG Au Gratin Rotini Green Beans Diced Peaches	13 Meatballs Vegetarian Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Roll Mixed Fruit Margarine	14 Creamy Chickpea Tikka Masala Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Margarine
15 Vegetarian Stroganoff WG Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits	16 Hoppin John Broccoli Florets Whole Wheat Roll Diced Pears Margarine	17 Meatballs Vegetarian Gravy Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Margarine	18 Baked Tofu Sweet and Sour Sauce Brown Fried Rice Japanese Vegetable Blend Fresh Pear	19 Alfredo Chick'n Breast (Plant Based) WG Macaroni and Cheese California Vegetable Blend Pineapple Tidbits  Margarine Chocolate Chip Cookie	20 Baked Tofu Mango BBQ Sauce Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	21 Sloppy Joe Oven Roasted Diced Potatoes Capri Vegetable Blend Whole Grain Hamburger Bun Diced Peaches
22 Tofu Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit Fortune Cookie	23 Creole Tofu Cubed Sweet Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Margarine	24 Lentil Bolognese WG Rotini Pasta Tuscan Vegetable Blend Spinach Pineapple Tidbits	25 Lentil Sloppy Joe Whole Kernel Corn Glazed Carrots Whole Wheat Roll Fresh Orange	26 Cheese Enchiladas Enchilada Sauce Black Beans Fajita Vegetable Blend Applesauce	27 Mediterranean Kidney Beans WG Penne Pasta California Vegetable Blend Diced Pears	28 Peri Peri Tofu Oven Roasted Diced Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine
29 Curried Chickpeas Brown Rice Green Peas Cauliflower Fresh Apple	30 Meatballs Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine		Beverage Choice: Milk or Juice	Menu Subject to Change  Denotes Sodium ≥ 1000 mg	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.	