




Meals on Wheels San Diego County

Vegetarian Frozen Menu

June 2026



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