






Meals on Wheels San Diego County

County Frozen Menu

July 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Menu Subject to Change</p>  <p>Denotes Sodium ≥ 1000 mg</p>	<p>Beverage of Choice: Milk or Juice</p>	<p>Salisbury Steak 1 Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine </p>	<p>Pork Al Pastor 2 Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange</p>	<p><i>Independence Day</i> 3 All Beef Hot Dog Ranch Beans Parslied Carrots Whole Grain Hot Dog Bun Whole Grain Mixed Fruit Crisp Mustard</p>	<p>Glazed Turkey Ham 4 Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine</p>	<p>Baked Chicken 5 Breast Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear</p>
<p>6 Country Fried Steak Onion Gravy  Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine</p>	<p>7 Mushroom Pork Roasted Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine</p>	<p>8 Caribbean Glazed Chicken Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine</p>	<p>9 Tuna Croquette Brown Rice Garden Vegetable Blend Fresh Orange</p>	<p>10 Beef Taco Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce</p>	<p>11 Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear</p>	<p>12 Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit</p>
<p>13 Chicken Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear</p>	<p>14 Hoisin Pork Dirty Brown Rice Whole Kernel Corn Mandarin Oranges</p>	<p>15 Beef Patty Mushroom Brown Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine</p>	<p>16 Lemon Pepper Pollock Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine</p>	<p>17 Sweet and Sour Chicken Fried Brown Rice Broccoli Florets Mixed Fruit</p>	<p>18 Meatballs with Spaghetti Sauce WG Penne Pasta Squash, Zucchini, and Tomatoes Brussels Sprouts Fresh Apple</p>	<p>19 Roasted Turkey Breast Tarragon Sauce Black-Eyed Peas  Sliced Carrots Whole Wheat Roll Diced Peaches Margarine</p>
<p>20 Hamburger Patty Tater Tots Broccoli Florets WG Hamburger Bun Fresh Orange Mustard/Ketchup</p>	<p>21 Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple</p>	<p>22 Scampi Chicken Oven Roasted Diced Potatoes California Vegetable Blend Whole Wheat Roll Fresh Apple</p>	<p>23 Chickpea Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits</p>	<p>24 Bruschetta Chicken WG Au Gratin Rotini Green Beans Diced Peaches</p>	<p>25 Meatloaf Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Roll Mixed Fruit  Margarine</p>	<p>26 Creamy Paprika Chicken Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Margarine</p>
<p>27 Beef Stroganoff WG Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits</p>	<p>28 Salmon Patty Dill Sauce Confetti Brown Rice Broccoli Florets Whole Wheat Roll Diced Pears Margarine</p>	<p>29 Chicken and Biscuit Whipped Potatoes Green Beans Fresh Apple</p>	<p>30 Sweet and Sour Pork Fried Brown Rice Japanese Vegetable Blend Fresh Pear</p>	<p>31 Swiss Steak WG Macaroni and Cheese Mixed Vegetables Fresh Orange</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.