


Meals on Wheels San Diego County

County Vegetarian Frozen Menu

July 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|---|---|
| Menu Subject to Change  Denotes Sodium ≥ 1000 mg | Beverage of Choice: Milk or Juice | 1 Lentil Stew O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine | 2 Tofu Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange | 3 <i>Independence Day</i> Meatballs with Tomato Sauce Ranch Beans Parslied Carrots Whole Grain Hot Dog Bun <i>Whole Grain Mixed Fruit Crisp</i> Mustard | 4 Glazed Tofu Roasted Sweet Pot Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine | 5 Chick'n Breast (Plant Based) Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear |
| 6 Hoppin John Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine | 7 Vegetarian Chili with Beans Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine | 8 Jamaican Tofu Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine | 9 Vegetable Bean Stew Brown Rice Garden Vegetable Blend Fresh Orange | 10 Tofu Fajitas Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce | 11 Chick'n Breast (Plant Based) BBQ Sauce WG Macaroni and Cheese Collard Greens Fresh Pear | 12 Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit |
| 13 Tofu Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear | 14 Curry Chickpea Dirty Brown Rice Whole Kernel Corn Mandarin Oranges | 15 Chick'n Breast (Plant Based) Vegetarian Au Jus Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine | 16 Cheese Omelet Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine | 17 Sweet and Sour Tofu Fried Brown Rice Broccoli Florets Mixed Fruit Fortune Cookie | 18 Lentil Bolognese WG Penne Pasta Squash, Zucchini, and Tomatoes Brussels Sprouts Fresh Apple | 19 Meatballs Vegetarian Gravy Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine |
| 20 Black Bean Burger Tater Tots Broccoli Florets WG Hamburger Bun Fresh Orange Mustard/Ketchup | 21 Baked Tofu Verde Sauce Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple | 22 Tofu Fajitas Oven Roasted Diced Potatoes California Vegetable Blend Whole Wheat Roll Fresh Apple Margarine | 23 Chickpea Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits | 24 Chick'n Breast (Plant Based) Bruschetta Sauce WG Au Gratin Rotini Green Beans Diced Peaches | 25 Meatballs Vegetarian Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Roll Mixed Fruit Margarine | 26 Creamy Chickpea Tikka Masala Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Margarine |
| 27 Vegetarian Stroganoff WG Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits | 28 Hoppin John Broccoli Florets Whole Wheat Roll Diced Pears Margarine | 29 Meatballs Vegetarian Gravy Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Margarine | 30 Baked Tofu Sweet and Sour Sauce Brown Fried Rice Japanese Vegetable Blend Fresh Pear | 31 Chick'n Breast (Plant Based) Caramelized Onion Jam WG Macaroni and Cheese Mixed Vegetables Fresh Orange | | |

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.