






Meals on Wheels San Diego 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>		