


Meals on Wheels San Diego 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 Tot 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		