

Meals on Wheels San Diego County

County Frozen Menu

August 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change  Denotes Sodium ≥ 1000 mg					1 Mango BBQ Chicken Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	2 Sloppy Joe Oven Roasted Diced Potatoes Capri Vegetable Blend Whole Grain Hamburger Bun Diced Peaches
3 Chicken Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit Fortune Cookie	4 Creole Crab Cake Cubed Sweet Potatoes Broccoli Florets  Whole Wheat Roll Fresh Pear Margarine	5 Lemon Scarpariello Chicken WG Rotini Pasta Tuscany Vegetable Blend Spinach Pineapple Tidbits	6 BBQ Pork Rib Patty Whole Kernel Corn Glazed Carrots Whole Wheat Roll Fresh Orange	7 Chicken with Enchilada Sauce Cilantro Lime Brown Rice Black Beans Applesauce	8 Mediterranean Meatballs WG Penne Pasta Northern Beans California Vegetable Blend Diced Pears	9 Peri Peri Chicken Oven Roasted Diced Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine
10 Curry Chicken Brown Rice Green Peas Cauliflower Fresh Apple	11 WG Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Tartar Sauce Margarine	12 Salisbury Steak Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges  Margarine	13 Pork Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange	14 Hamburger Patty Tater Tots Dilled Carrots Whole Grain Hamburger Bun Pineapple Tidbits Ketchup Mustard	15 Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine	16 Baked Chicken Breast Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear
17 Country Fried Steak Onion Gravy Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits  Margarine	18 Mushroom Pork Roasted Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine	19 Caribbean Glazed Chicken Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine	20 Potato Crusted Pollock Brown Rice Garden Vegetable Blend Fresh Orange	21 Beef Taco Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	22 Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear	23 Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit
24 Chicken Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear	25 Hoisin Pork Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	26 Beef Patty Mushroom Brown Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine	27 Lemon Pepper Pollock Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine	28 BBQ Chicken Drumsticks Baked Beans Broccoli Florets Whole Wheat Roll Raisins White Chocolate Macadamia Cookie	29 Meatballs with Spaghetti Sauce WG Penne Pasta Squash, Zucchini, and Brussels Sprouts Fresh Apple	30 Roasted Turkey Breast Tarragon Sauce Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches  Margarine
31 Hamburger Patty Tater Tots Broccoli Florets WG Hamburger Bun Fresh Orange Mustard/Ketchup					Beverage of Choice: Milk or Juice	

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.