

Meals on Wheels San Diego County

County Vegetarian Frozen Menu

August 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change Denotes Sodium ≥ 1000 mg 					¹ Baked Tofu Mango BBQ Sauce 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 Tofu Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit Fortune Cookie	⁴ Creole Tofu Cubed Sweet Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Margarine	⁵ Lentil Bolognese WG Rotini Pasta Tuscany Vegetable Blend Spinach Pineapple Tidbits	⁶ Lentil Sloppy Joe Whole Kernel Corn Glazed Carrots Whole Wheat Roll Fresh Orange	⁷ Cheese Enchiladas Enchilada Sauce Black Beans Fajita Vegetable Blend Applesauce	⁸ Mediterranean Kidney Beans WG Penne Pasta California Vegetable Blend Diced Pears	⁹ Peri Peri Tofu Oven Roasted Diced Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine
¹⁰ Curried Chickpeas Brown Rice Green Peas Cauliflower Fresh Apple	¹¹ Meatballs Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine	¹² Lentil Stew O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine	¹³ Tofu Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange	¹⁴ Lentil Sloppy Joe Tater Tots Dilled Carrots WW Hamburger Bun Pineapple Tidbits Ketchup Mustard	¹⁵ Glazed Tofu Roasted Sweet Pot Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine	¹⁶ Chick'n Breast (Plant Based) Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear
¹⁷ Hoppin John Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	¹⁸ Vegetarian Chili with Beans Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine	¹⁹ Jamaican Tofu Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine	²⁰ Vegetable Bean Stew Brown Rice Garden Vegetable Blend Fresh Orange	²¹ Tofu Fajitas Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	²² Chick'n Breast (Plant Based) BBQ Sauce WG Macaroni and Cheese Collard Greens Fresh Pear	²³ Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit
²⁴ Tofu Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear	²⁵ Curry Chickpea Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	²⁶ Chick'n Breast (Plant Based) Vegetarian Au Jus Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine	²⁷ Cheese Omelet Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine	²⁸ BBQ Chick'n Breast (Plant Based) Baked Beans Broccoli Florets Whole Wheat Roll Raisins White Chocolate Macadamia Cookie 	²⁹ Lentil Bolognese WG Penne Pasta Squash, Zucchini, and Brussels Sprouts Fresh Apple	³⁰ Meatballs Vegetarian Gravy Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine
³¹ Black Bean Burger 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.