




Meals on Wheels San Diego County		County Plant-Based Vegetarian Entrée				Meal Center Copy: October 2024	
***All Proteins Plant Based Except for Eggs***							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
All meals include roll & fruit and a choice of milk, soymilk, juice or of bottled water. Menu subject to change.	<b>1</b> Battered Fish Fillet over Brown Rice Corn Green Beans	<b>2</b> Spaghetti & Meat Sauce Peas Corn	<b>3</b> Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	<b>4</b> Beef Burgundy over Noodles Carrots Cannelloni Beans	<b>5</b> Roast Beef & Gravy Mashed Potatoes Collard Greens	<b>6</b> Macaroni & Meat Casserole Succotash Broccoli	
<b>7</b> Chick'n & Cheese Macaroni Casserole Spinach Corn	<b>8</b> Fish Fillet Cannelloni Beans Mixed Veggies	<b>9</b> Cheese Cannelloni Kidney Beans Italian Green Beans	<b>10</b> Beef Stroganoff over Egg Noodles Peas Carrots	<b>11</b> Beef Burgundy Mashed Potatoes Green Beans	<b>12</b> Sweet & Sour Chicken over Brown Rice Asian Blend Veggies Peas	<b>13</b> Vegetarian Spinach Lasagna Carrots Lima Beans	
<b>14</b> Chicken Chow Mein over Brown Rice Peas Corn	<b>15</b> Chick'n Strips with Gravy Sweet Potatoes Scandinavian Blend Veggies	<b>16</b> Beef Burgundy over Noodles Carrots Cannelloni Beans	<b>17</b> Rotini & Meat Sauce Italian Green Beans Cauliflower	<b>18</b> Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	<b>19</b> Cheese Cannelloni Kidney Beans Italian Green Beans	<b>20</b> Swedish Meatballs over Egg Noodles Spinach Carrots	
<b>21</b> Beef Burgundy Mashed Potatoes Green Beans	<b>22</b> Macaroni & Meat Casserole Succotash Broccoli	<b>23</b> Huevos a la Mexicana Hash Browns Pinto Beans	<b>24</b> Spaghetti & Meat Sauce Peas Corn	<b>25</b> Roast Beef & Gravy Mashed Potatoes Collard Greens	<b>26</b> Barbeque Chicken over Brown Rice Sweet Potatoes Spinach	<b>27</b> Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	
<b>28</b> Rotini & Meat Sauce Italian Green Beans Cauliflower	<b>29</b> Fish Fillet Mashed Potatoes Mixed Veggies	<b>30</b> Teriyaki Meatballs over Brown Rice Green Beans Carrots	<b>31</b> Chicken Noodle Casserole Spinach Broccoli				

The requested donation for each meal is \$3.00. Your contribution is purely voluntary. You will not be denied a meal if you choose not to contribute. Please call (760) 736-9900 if you have any questions. This nutrition program is supported in part by the County of San Diego, Aging & Independent Services. All meals also include fruit of the day and a roll.

\*The meal contains greater than 1000 mg of sodium