Meals on Wheels San Diego County		Plant-Based Vegetarian Entree			February 2025	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: soymilk, juice, or bottled water. Menu subject to change.		C C C C C C C C C C C C C C C C C C C			1 Swedish Meatless Meatballs over Egg Noodles Spinach Carrots	2 Plant-Based Chicken Strips w/ Gravy Sweet Potatoes Scandanavian Veggies
3 Vegetarian Spinach Lasagna Lima Beans Carrots	4 Battered Faux Fish Fillet over Brown Rice Corn Green Beans	5 Spaghetti & Meatless Meat Sauce Peas Corn	6 Plant-Based Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	7 Plant-Based Beef Burgundy over Noodles Carrots Cannelloni Beans	8 Plant-Based Roast Beef & Gravy Mashed Potatoes Collard Greens	9 Macaroni & Meatless Meat Casserole Succotash Broccoli
10 Plant-Based Chick'n & Cheese Macaroni Casserole Spinach Corn	11 Faux Fish Fillet Cannelloni Beans Mixed Veggies	12 Vegetarian Cheese Cannelloni Kidney Beans Italian Green Beans	13 Plant-Based Beef Stroganoff over Egg Noodles Peas Carrots	14 Plant-Based Beef Burgundy Mashed Potatoes Green Beans	15 Plant-Based Sweet and Sour Chicken over Brown Rice Asian Blend Veggies Peas	16 Vegetarian Spinach Lasagna Carrots Lima Beans
17 Plant-Based Chicken Chow Mein over Brown Rice Peas Corn	18 Plant-Based Chicken Strips w/ Gravy Sweet Potatoes Scandanavian Veggies	19 Plant-Based Beef Burgundy over Noodles Carrots Cannelloni Beans	20 Rotini & Meatless Meat Sauce Italian Green Beans Cauliflower	21 Plant-Based Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	22 Vegetarian Cheese Cannelloni Kidney Beans Italian Green Beans	23 Swedish Meatless Meatballs over Egg Noodles Spinach Carrots
24 Plant-Based Beef Burgundy Mashed Potatoes Green Beans	25 Macaroni & Meatless Meat Casserole Succotash Broccoli	26 Vegetarian Huevos a la Mexicana Hash Browns Pinto Beans	27 Spaghetti & Meatless Meat Sauce Peas Corn	28 Plant-Based Roast Beef & Gravy Mashed Potatoes Collard Greens		