



Meals on Wheels of San Diego County

Gluten Aware Menu

April 2025



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|---|--|
| <p><u>Beverage Choice:</u> Milk, Soy Milk, Juice, or Bottled Water.</p> <p><i>Menu Subject to Change</i></p> | <p>1 Pork Loin Poivre Sauce Roasted Sweet Potatoes Green Beans</p> | <p>2 Korean BBQ Chicken Brown Fried Rice Broccoli Florets</p> | <p>3 Roast Beef w/Gravy Garlic Whipped Potatoes Collard Greens</p> | <p>4 Blackened Tilapia Dirty Brown Rice Whole Kernel Corn</p> | <p>5 Baked Chicken Marinara Sauce Brown Rice Yellow Squash Brussels Sprouts</p> | <p>6 Roasted Turkey Breast Tarragon Sauce Black-eyed Peas Sliced Carrots</p> |
| <p>7 Pork Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend</p> | <p>8 Beef Tips in Gravy Whipped Potatoes Broccoli Florets</p> | <p>9 Tilapia Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots</p> | <p>10 Roasted Pork Loin Apple Cider Mustard Glaze Roasted Diced Potatoes California Vegetable Blend</p> | <p>11 Bruschetta Chicken Polenta Green Beans</p> | <p>12 Hamburger Patty Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn</p> | <p>13 Chicken Breast Pesto Sauce Confetti Rice Yellow Squash</p> |
| <p>14 Beef Patty with Onion Gravy Florentine Brown Rice Green Peas Glazed Carrots</p> | <p>15 Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend</p> | <p>16 Chicken Breast Poultry Gravy Whipped Potatoes Green Beans</p> | <p>17 BBQ Hamburger Oven Roasted Potatoes Mixed Vegetables</p> | <p>18 Tilapia with Dill Sauce Confetti Brown Rice Broccoli Florets</p> | <p>19 Baked Chicken Mango BBQ Sauce Baked Beans Collard Greens</p> | <p>20 Sloppy Joe Roasted Diced Potatoes Capri Vegetable Blend</p> |
| <p>21 Garlic Tilapia Lentil Vegetable Pilaf California Vegetable Blend</p> | <p>22 Curry Chicken Breast Coconut Brown Rice Green Peas Cauliflower</p> | <p>23 Hamburger Patty Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend</p> | <p>24 Buffalo Chicken Breast Oven Roasted Potatoes Ratatouille Broccoli Florets</p> | <p>25 Beef Patty Tater Tots Dilled Carrots</p> | <p>26 Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts</p> | <p>27 Pork Al Pastor Brown Rice Black Beans</p> |
| <p>28 Hamburger Patty Onion Gravy Whipped Potatoes Capri Vegetable Blend</p> | <p>29 Caribbean Glazed Chicken Broccoli Florets and Corn Sweet Plantains</p> | <p>30 Garlic Tilapia Brown Rice Garden Vegetable Blend</p> | | | | |