



Meals on Wheels of San Diego County Renal 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 Penne Pasta Green Beans</p>	<p>2 Korean BBQ Chicken Brown Fried Rice Broccoli Florets</p>	<p>3 Roast Beef w/Gravy Rotini Pasta Green Peas</p>	<p>4 Blackened Tilapia Dirty Brown Rice Whole Kernel Corn</p>	<p>5 Beef w/Au Jus Gravy Whole Grain Penne Yellow Squash</p>	<p>6 Roasted Turkey Breast Tarragon Sauce Brown Rice Sliced Carrots</p>
<p>7 Pork Chili Verde Cilantro Lime Brown Rice Fiesta Vegetable Blend</p>	<p>8 Beef Stew Brown Rice 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 Penne Pasta California Vegetable Blend</p>	<p>11 Bruschetta Chicken Rotini Pasta Green Beans</p>	<p>12 Meatloaf w/Tomato Gravy Brown Rice Whole Kernel Corn</p>	<p>13 Creamy Paprika Chicken Orzo with Asparagus Yellow Squash</p>
<p>14 Meatball Stroganoff Whole Grain Egg Noodles Green Peas Glazed Carrots</p>	<p>15 Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend</p>	<p>16 Chicken and Biscuit* Brown Rice Green Beans *WG Biscuit in Entrée</p>	<p>17 Swiss Steak WG Macaroni and Cheese Mixed Vegetables</p>	<p>18 Krab Cake with Dill Sauce Confetti Brown Rice Broccoli Florets</p>	<p>19 Baked Chicken Mango BBQ Sauce Brown Rice Green Beans</p>	<p>20 Sloppy Joe Egg Noodles Capri Vegetable Blend</p>
<p>21 Potato Crusted Pollock Brown Rice California Vegetable Blend</p>	<p>22 Curry Chicken Breast Over Coconut Brown Rice Green Peas Cauliflower</p>	<p>23 Salisbury Steak Steakhouse Sauce Bowtie Pasta Garden Vegetable Blend</p>	<p>24 Chicken Alfredo Whole Grain Penne Ratatouille Broccoli Florets</p>	<p>25 Beef Patty Corn Dilled Carrots</p>	<p>26 Glazed Turkey Ham Brown Rice Green Peas</p>	<p>27 Pork Al Pastor Brown Rice Green Beans</p>
<p>28 Country Fried Steak Onion Gravy Penne Pasta Capri Vegetable Blend</p>	<p>29 Caribbean Glazed Chicken Brown Rice Broccoli Florets and Corn</p>	<p>30 Tilapia with Crumb Topping Orzo Garden Vegetable Blend</p>				