



Meals on Wheels of San Diego County

County Vegetarian Frozen Menu

April 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change	1 Black Bean Patty w/Gravy Roasted Sweet Potatoes  Green Beans Whole Wheat Roll Fresh Orange Milk Margarine	2 Ginger Pepper Tofu Brown Fried Rice Broccoli Florets Mixed Fruit Milk Fortune Cookie	3 Plant-Based Chicken w/Au Jus Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Milk Margarine	4 Curry Chickpea Brown Rice Whole Kernel Corn Mandarin Oranges Milk	5 Tofu Bolognese over Whole Grain Penne Yellow Squash Brussels Sprouts Fresh Apple Milk	6 Smothered Garden Meatballs Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Milk Margarine
	7 Tofu Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple Milk	8 Vegetarian Bean Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Milk Margarine	9 Chickpea Veracruz over Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits Milk	10 Tofu w/Onions and Peppers Roasted Diced Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple Milk Margarine	11 Plant-Based Bruschetta Chicken Whole Grain Au Gratin Rotini Green Beans Diced Peaches Milk	12 Smothered Garden Meatballs Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Mixed Fruit Milk Margarine
14 Vegetarian Stroganoff over Whole Grain Egg Noodles Green Peas Glazed Carrots Whole Wheat Bread Pineapple Tidbits Milk Margarine	15 Sweet & Sour Tofu Fried Brown Rice Japanese Vegetable Blend Fresh Pear Milk	16 Smothered Garden Meatballs Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Milk Margarine	17 Plant-Based BBQ Chicken Caramelized Onion Jam WG Macaroni and Cheese Mixed Vegetables Fresh Orange Milk	18 Hoppin John Broccoli Florets Whole Wheat Roll Diced Pears Milk Margarine	19 Tofu with Mango BBQ Sauce Baked Beans Collard Greens Whole Wheat Roll Applesauce Milk Margarine	20 Sloppy Joe w/Lentils Roasted Diced Potatoes Capri Vegetable Blend Whole Wheat Hamburger Bun Diced Peaches Milk
21 Garden Meatballs Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Milk Margarine	22 Curry Chickpea Coconut Brown Rice Green Peas Cauliflower Fresh Apple Milk	23 Lentil Stew O'Brien Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Milk Margarine	24 Plant-Based Chicken Alfredo over Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear Milk	25 Black Bean Burger Tater Tots  Dilled Carrots Whole Wheat Hamburger Bun Pineapple Tidbits Milk Ketchup Mustard	26 Pineapple Glazed Tofu Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Bread Diced Peaches Milk Margarine	27 Tofu Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange Milk
28 Plant-Based Chicken w/Gray Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Pineapple Tidbits Milk Margarine	29 Jamaican Tofu Broccoli Florets and Corn Sweet Plantains Whole Wheat Bread Diced Pears Milk Margarine	30 Vegetarian Bean Stew Brown Rice Garden Vegetable Blend Multi-Grain Bread Fresh Orange Milk Margarine				 Denotes Sodium ≥ 1000 mg