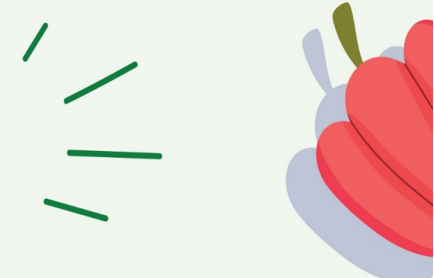


Meals on Wheels of San Diego County

Latin Inspired Menu

May 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Beverage Choice: Milk, Soy Milk, Juice, or Bottled Water.</p> <p><i>Menu Subject to Change</i></p>			<p>1 Picadillo Brown Rice Fiesta Vegetable Blend</p>	<p>2 Baked Tilapia Spanish Sauce Green Beans Hominy</p>	<p>3 Chicken Fajitas Cilantro Brown Rice Southwest Corn Broccoli</p>	<p>4 Sofrito Meatballs Whipped Potatoes Spanish Carrots</p>
<p>5 Cheese Enchiladas Verdes Refried Beans Fajita Vegetable Blend</p>	<p>6 Carne Asada Crispy Cubed Papas California Vegetable Blend</p>	<p>7 Pork Carnitas Fiesta Black Beans Hominy</p>	<p>8 Carne Con Papas Charro Beans Steamed Cabbage</p>	<p>9 Blackened Tilapia Cilantro Lime Brown Rice Mexican Corn Baby Carrots</p>	<p>10 Chicken Chimichanga Refried Beans Fiesta Vegetable Blend</p>	<p>11 Taco Meat Spanish Brown Rice Pinto Beans Garden Vegetable Blend</p>
<p>12 Tamale Pie Yellow Squash Brussels Sprouts</p>	<p>13 Chile Colorado Spanish Brown Rice Pinto Beans Herbed Carrots</p>	<p>14 Cuban Citrus Mojo Chicken Fiesta Vegetables Sweet Plantains</p>	<p>15 Pork Al Pastor Hominy Broccoli</p>	<p>16 Birria Whipped Potatoes Mixed Vegetables</p>	<p>17 Sofrito Chicken Brown Rice Black Beans Corn, Tomatoes, & Chiles</p>	<p>18 Beef Taquitos Refried Beans Fiesta Vegetables</p>
<p>19 Chicken Chilaquiles Mexican Brown Rice Charro Beans</p>	<p>20 Meatloaf Spanish Sauce Whipped Potatoes Seasoned Spinach</p>	<p>21 Baked Tilapia Mango Chutney Fiesta Black Beans Fajita Vegetable Blend</p>	<p>22 Chuleta Frita Roasted Sweet Potatoes Cauliflower</p>	<p>23 Chile Lime Chicken Spanish Brown Rice Broccoli</p>	<p>24 Carne Guisada Whipped Potatoes Spanish Carrots</p>	<p>25 Bean Burrito Mojado Brussels Sprouts Plantains</p>
<p>26 Pork Carnitas Refried Beans Fiesta Vegetable Blend</p>	<p>27 Ranchero Chicken Spanish Rice Herbed Green Peas</p>	<p>28 Classic Stuffed Pepper Whipped Potatoes Mixed Vegetables</p>	<p>29 Chicken Mole Creamy Polenta Seasoned Spinach</p>	<p>30 Wet Beef Burrito Black Beans Cilantro Lime Corn</p>	<p>31 Tilapia Vera Cruz Confetti Brown Rice Green Beans</p>	