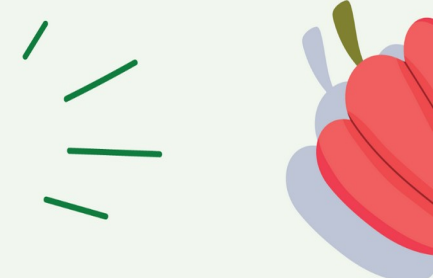


Meals on Wheels of San Diego County

Renal Aware Menu

May 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</p> <p>Mexican Picadillo Brown Rice Fiesta Vegetable Blend</p>	<p>2</p> <p>Herb Crusted Pork Whole Grain Penne Pasta Green Bean Amandine</p>	<p>3</p> <p>Oven Fried Chicken WG Macaroni and Cheese Cauliflower</p>	<p>4</p> <p>Swedish Meatballs Whole Grain Egg Noodles Green Peas Baby Carrots</p>
<p>5</p> <p>Chicken Shawarma Brown Rice Stewed Okra Cauliflower</p>	<p>6</p> <p>Pork Loin Poivre Sauce Penne Pasta Green Beans</p>	<p>7</p> <p>Korean BBQ Chicken Brown Fried Rice Broccoli Florets</p>	<p>8</p> <p>Roast Beef w/Gravy Rotini Pasta Green Peas</p>	<p>9</p> <p>Blackened Tilapia Dirty Brown Rice Whole Kernel Corn</p>	<p>10</p> <p>Beef w/Au Jus Gravy Whole Grain Penne Yellow Squash</p>	<p>11</p> <p>Roasted Turkey Breast Tarragon Sauce Brown Rice Sliced Carrots</p>
<p>12</p> <p>Pork Chili Verde Cilantro Lime Brown Rice Fiesta Vegetable Blend</p>	<p>13</p> <p>Beef Stew Brown Rice Broccoli Florets</p>	<p>14</p> <p>Tilapia Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots</p>	<p>15</p> <p>Roasted Pork Loin Apple Cider Mustard Glaze Penne Pasta California Vegetable Blend</p>	<p>16</p> <p>Bruschetta Chicken Rotini Pasta Green Beans</p>	<p>17</p> <p>Meatloaf w/Tomato Gravy Brown Rice Whole Kernel Corn</p>	<p>18</p> <p>Creamy Paprika Chicken Orzo with Asparagus Yellow Squash</p>
<p>19</p> <p>Meatball Stroganoff Whole Grain Egg Noodles Green Peas Glazed Carrots</p>	<p>20</p> <p>Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend</p>	<p>21</p> <p>Chicken and Biscuit* Brown Rice Green Beans *WG Biscuit in Entrée</p>	<p>22</p> <p>Swiss Steak WG Macaroni and Cheese Mixed Vegetables</p>	<p>23</p> <p>Krab Cake with Dill Sauce Confetti Brown Rice Broccoli Florets</p>	<p>24</p> <p>Baked Chicken Mango BBQ Sauce Brown Rice Green Beans</p>	<p>25</p> <p>Sloppy Joe Egg Noodles Capri Vegetable Blend</p>
<p>26</p> <p>Potato Crusted Pollock Brown Rice California Vegetable Blend</p>	<p>27</p> <p>Curry Chicken Breast Over Coconut Brown Rice Green Peas Cauliflower</p>	<p>28</p> <p>Salisbury Steak Steakhouse Sauce Bowtie Pasta Garden Vegetable Blend</p>	<p>29</p> <p>Chicken Alfredo Whole Grain Penne Ratatouille Broccoli Florets</p>	<p>30</p> <p>Beef Patty Corn Dilled Carrots</p>	<p>31</p> <p>Glazed Turkey Ham Brown Rice Green Peas</p>	