



Meals on Wheels of San Diego County

County Frozen Menu

May 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change			1 Mexican Picadillo Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	2 Herb Crusted Pork Potato Medley Green Bean Amandine Multi-Grain Bread Mandarin Oranges Milk Margarine	3 Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear Milk	4 Swedish Meatballs over Whole Grain Egg Noodles Green Peas Baby Carrots Mixed Fruit Milk
5 Chicken Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower Fresh Pear Milk	6 Pork Loin with Poivre Sauce Roasted Sweet Potatoes Green Beans Whole Wheat Roll Fresh Orange Milk Margarine	7 Korean BBQ Chicken Brown Fried Rice Broccoli Florets Mixed Fruit Milk Fortune Cookie	8 Roast Beef w/Gravy Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Milk Margarine	9 Blackened Tilapia Dirty Brown Rice Whole Kernel Corn Mandarin Oranges Milk	10 Spaghetti & Meatballs over Whole Grain Penne Yellow Squash Brussels Sprouts Fresh Apple Milk	11 Roasted Turkey Breast with Tarragon Sauce Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Milk Margarine
12 Pork Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple Milk	13 Beef Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Milk Margarine	14 Tilapia Vera Cruz over Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits Milk	15 Roasted Pork Loin with Apple Cider Mustard Glaze Roasted Diced Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple Milk Margarine	16 Bruschetta Chicken Whole Grain Au Gratin Rotini Green Beans Diced Peaches Milk	17 Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Mixed Fruit Milk Margarine	18 Creamy Paprika Chicken Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Milk Margarine
19 Meatball Stroganoff over Whole Grain Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits Milk	20 Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend Fresh Pear Milk	21 Chicken and Biscuit* Whipped Potatoes Green Beans *Whole Grain Biscuit in Entrée Fresh Apple Milk	22 Swiss Steak WG Macaroni and Cheese Mixed Vegetables Fresh Orange Milk	23 Salmon Patty with Dill Sauce Confetti Brown Rice Broccoli Florets Whole Wheat Roll Diced Peas Milk Margarine	24 Mango BBQ Chicken Baked Beans Collard Greens Whole Wheat Roll Applesauce Milk Margarine	25 Sloppy Joe Roasted Diced Potatoes Capri Vegetable Blend Whole Wheat Hamburger Bun Diced Peaches Milk
26 Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Milk Margarine Tartar Sauce	27 Curry Chicken Breast Coconut Brown Rice Green Peas Cauliflower Fresh Apple Milk	28 Salisbury Steak with Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Milk Margarine	29 Chicken Alfredo over Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear Milk	30 Beef Patty Tater Tots Dilled Carrots Whole Wheat Hamburger Bun Pineapple Tidbits Milk Ketchup Mustard	31 Pineapple Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts  Whole Wheat Bread Diced Peaches Milk Margarine	 Denotes Sodium ≥ 1000 mg