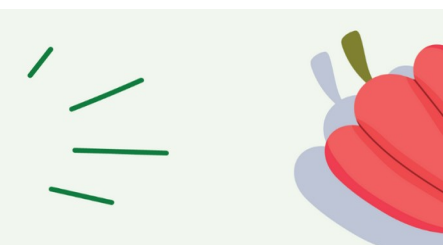







Meals on Wheels of San Diego County

County Vegetarian Frozen Menu

May 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Menu Subject to Change			1 Tofu w/Onions and Peppers Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	2 Vegetarian Chili Potato Medley Green Bean Amandine Multi-Grain Bread Mandarin Oranges Milk Margarine	3 Plant-Based BBQ Chicken WG Macaroni and Cheese Collard Greens Fresh Pear Milk	4 Smothered Garden Meatballs over Whole Grain Egg Noodles Green Peas Baby Carrots Mixed Fruit Milk	
	5 Tofu Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower Fresh Pear Milk	6 Black Bean Patty w/Gravy Roasted Sweet Potatoes Green Beans  Whole Wheat Roll Fresh Orange Milk Margarine	7 Ginger Pepper Tofu Brown Fried Rice Broccoli Florets Mixed Fruit Milk Fortune Cookie	8 Plant-Based Chicken w/Au Jus Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Milk Margarine	9 Curry Chickpea Brown Rice Whole Kernel Corn Mandarin Oranges Milk	10 Tofu Bolognese over Whole Grain Penne Yellow Squash Brussels Sprouts Fresh Apple Milk	11 Smothered Garden Meatballs Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Milk Margarine
	12 Tofu Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple Milk	13 Vegetarian Bean Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Milk Margarine	14 Chickpea Veracruz over Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits Milk	15 Tofu w/Onions and Peppers Roasted Diced Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple Milk Margarine	16 Plant-Based Bruschetta Chicken Whole Grain Au Gratin Rotini Green Beans Diced Peaches Milk	17 Smothered Garden Meatballs Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Mixed Fruit Milk Margarine	18 Creamy Chickpea Tikka Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Milk Margarine
	19 Vegetarian Stroganoff over Whole Grain Egg Noodles Green Peas Glazed Carrots Whole Wheat Bread Pineapple Tidbits Milk Margarine	20 Sweet & Sour Tofu Fried Brown Rice Japanese Vegetable Blend Fresh Pear Milk	21 Smothered Garden Meatballs Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Milk Margarine	22 Plant-Based BBQ Chicken Caramelized Onion Jam WG Macaroni and Cheese Mixed Vegetables Fresh Orange Milk	23 Hoppin John Broccoli Florets Whole Wheat Roll Diced Peas Milk Margarine	24 Tofu with Mango BBQ Sauce Baked Beans Collard Greens Whole Wheat Roll Applesauce Milk Margarine	25 Sloppy Joe w/Lentils Roasted Diced Potatoes Capri Vegetable Blend Whole Wheat Hamburger Bun Diced Peaches Milk
	26 Garden Meatballs Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Milk Margarine	27 Curry Chickpea Coconut Brown Rice Green Peas Cauliflower Fresh Apple Milk	28 Lentil Stew O'Brien Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Milk Margarine	29 Plant-Based Chicken Alfredo over Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear Milk	30 Black Bean Burger Tater Tot  Dilled Carrots Whole Wheat Hamburger Bun Pineapple Tidbits Milk Ketchup Mustard	31 Pineapple Glazed Tofu Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Bread Diced Peaches Milk Margarine	 Denotes Sodium ≥ 1000 mg