

Meals on Wheels of San Diego County

Gluten Aware Menu

June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Beverage Choice:</u> Milk, Soy Milk, Juice, or Bottled Water. <i>Menu Subject to Change</i>						Pork Al Pastor Brown Rice Black Beans
Hamburger Patty Onion Gravy Whipped Potatoes Capri Vegetable Blend	Caribbean Glazed Chicken Broccoli Florets and Corn Sweet Plantains	Garlic Tilapia Brown Rice Garden Vegetable Blend	Mexican Picadillo Charro Beans Fiesta Vegetable Blend	Herbed Pork Potato Medley Green Bean Amandine	Chicken Breast Dijonnaise Sauce Brown Rice Collard Greens	Hamburger Patty Mushroom Gravy Whipped Potatoes Green Peas Baby Carrots
Chicken Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower	Pork Loin Poivre Sauce Roasted Sweet Potatoes Green Beans	Korean BBQ Chicken Brown Fried Rice Broccoli Florets	Roast Beef w/Gravy Garlic Whipped Potatoes Collard Greens	Blackened Tilapia Dirty Brown Rice Whole Kernel Corn	Baked Chicken Marinara Sauce Brown Rice Yellow Squash Brussels Sprouts	Roasted Turkey Breast Tarragon Sauce Black-eyed Peas Sliced Carrots
Pork Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend	Beef Tips in Gravy Whipped Potatoes Broccoli Florets	Tilapia Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots	Roasted Pork Loin Apple Cider Mustard Glaze Roasted Diced Potatoes California Vegetable Blend	Bruschetta Chicken Polenta Green Beans	Hamburger Patty Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn	Chicken Breast Pesto Sauce Confetti Rice Yellow Squash
Beef Patty with Onion Gravy Florentine Brown Rice Green Peas Glazed Carrots	Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend	Chicken Breast Poultry Gravy Whipped Potatoes Green Beans	BBQ Hamburger Oven Roasted Potatoes Mixed Vegetables	Tilapia with Dill Sauce Confetti Brown Rice Broccoli Florets	Baked Chicken Mango BBQ Sauce Baked Beans Collard Greens	Sloppy Joe Roasted Diced Potatoes Capri Vegetable Blend
Garlic Tilapia Lentil Vegetable Pilaf California Vegetable Blend						