

Meals on Wheels of San Diego County

Latin Inspired Menu

June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beverage Choice: Milk, Soy Milk, Juice, or Bottled Water. <i>Menu Subject to Change</i>						Arroz con Pollo Pinto Beans Calabacitas
Ropa Vieja Brown Rice Black Beans Sweet Plantains	Chile Relleno Bake Crispy Cubed Potatoes Capri Vegetable Blend	Chicken Enchiladas Verdes Refried Beans Fajita Vegetable Blend	Picadillo Brown Rice Fiesta Vegetable Blend	Baked Tilapia Spanish Sauce Green Beans Hominy	Chicken Fajitas Cilantro Brown Rice Southwest Corn Broccoli	Sofrito Meatballs Whipped Potatoes Spanish Carrots
Cheese Enchiladas Verdes Refried Beans Fajita Vegetable Blend	Carne Asada Crispy Cubed Papas California Vegetable Blend	Pork Carnitas Fiesta Black Beans Hominy	Carne Con Papas Charro Beans Steamed Cabbage	Blackened Tilapia Cilantro Lime Brown Rice Mexican Corn Baby Carrots	Chicken Chimichanga Refried Beans Fiesta Vegetable Blend	Taco Meat Spanish Brown Rice Pinto Beans Garden Vegetable Blend
Tamale Pie Yellow Squash Brussels Sprouts	Chile Colorado Spanish Brown Rice Pinto Beans Herbed Carrots	Cuban Citrus Mojo Chicken Fiesta Vegetables Sweet Plantains	Pork Al Pastor Hominy Broccoli	Birria Whipped Potatoes Mixed Vegetables	Sofrito Chicken Brown Rice Black Beans Corn, Tomatoes, & Chiles	Beef Taquitos Refried Beans Fiesta Vegetables
Chicken Chilaquiles Mexican Brown Rice Charro Beans	Meatloaf Spanish Sauce Whipped Potatoes Seasoned Spinach	Baked Tilapia Mango Chutney Fiesta Black Beans Fajita Vegetable Blend	Chuleta Frita Roasted Sweet Potatoes Cauliflower	Chile Lime Chicken Spanish Brown Rice Broccoli	Carne Guisada Whipped Potatoes Spanish Carrots	Bean Burrito Mojado Brussels Sprouts Plantains
Pork Carnitas Refried Beans Fiesta Vegetable Blend						