

# Meals on Wheels of San Diego County

## Renal Aware Menu

June 2025



| MONDAY                                                                                                      | TUESDAY                                                                  | WEDNESDAY                                                                        | THURSDAY                                                                                          | FRIDAY                                                                        | SATURDAY                                                            | SUNDAY                                                                          |
|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>Beverage Choice:</b><br>Milk, Soy Milk, Juice,<br>or Bottled Water.<br><br><i>Menu Subject to Change</i> |                                                                          |                                                                                  |                                                                                                   |                                                                               |                                                                     | 1<br>Pork Al Pastor<br>Brown Rice<br>Green Beans                                |
| 2<br>Country Fried Steak<br>Onion Gravy<br>Penne Pasta<br>Capri Vegetable Blend                             | 3<br>Caribbean Glazed Chicken<br>Brown Rice<br>Broccoli Florets and Corn | 4<br>Tilapia with Crumb Topping<br>Orzo<br>Garden Vegetable Blend                | 5<br>Mexican Picadillo<br>Brown Rice<br>Fiesta Vegetable Blend                                    | 6<br>Herb Crusted Pork<br>Whole Grain Penne Pasta<br>Green Bean Amandine      | 7<br>Oven Fried Chicken<br>WG Macaroni and Cheese<br>Cauliflower    | 8<br>Swedish Meatballs<br>Whole Grain Egg Noodles<br>Green Peas<br>Baby Carrots |
| 9<br>Chicken Shawarma<br>Brown Rice<br>Stewed Okra<br>Cauliflower                                           | 10<br>Pork Loin<br>Poivre Sauce<br>Penne Pasta<br>Green Beans            | 11<br>Korean BBQ Chicken<br>Brown Fried Rice<br>Broccoli Florets                 | 12<br>Roast Beef w/Gravy<br>Rotini Pasta<br>Green Peas                                            | 13<br>Blackened Tilapia<br>Dirty Brown Rice<br>Whole Kernel Corn              | 14<br>Beef w/Au Jus Gravy<br>Whole Grain Penne<br>Yellow Squash     | 15<br>Roasted Turkey Breast<br>Tarragon Sauce<br>Brown Rice<br>Sliced Carrots   |
| 16<br>Pork Chili Verde<br>Cilantro Lime Brown Rice<br>Fiesta Vegetable Blend                                | 17<br>Beef Stew<br>Brown Rice<br>Broccoli Florets                        | 18<br>Tilapia Vera Cruz<br>Brown Rice Pilaf<br>Green Peas<br>Glazed Carrots      | 19<br>Roasted Pork Loin<br>Apple Cider Mustard Glaze<br>Penne Pasta<br>California Vegetable Blend | 20<br>Bruschetta Chicken<br>Rotini Pasta<br>Green Beans                       | 21<br>Meatloaf w/Tomato Gravy<br>Brown Rice<br>Whole Kernel Corn    | 22<br>Creamy Paprika Chicken<br>Orzo with Asparagus<br>Yellow Squash            |
| 23<br>Meatball Stroganoff<br>Whole Grain Egg Noodles<br>Green Peas<br>Glazed Carrots                        | 24<br>Sweet & Sour Pork<br>Fried Brown Rice<br>Japanese Vegetable Blend  | 25<br>Chicken and Biscuit*<br>Brown Rice<br>Green Beans<br>*WG Biscuit in Entrée | 26<br>Swiss Steak<br>WG Macaroni and Cheese<br>Mixed Vegetables                                   | 27<br>Krab Cake<br>with Dill Sauce<br>Confetti Brown Rice<br>Broccoli Florets | 28<br>Baked Chicken<br>Mango BBQ Sauce<br>Brown Rice<br>Green Beans | 29<br>Sloppy Joe<br>Egg Noodles<br>Capri Vegetable Blend                        |
| 30<br>Potato Crusted Pollock<br>Brown Rice<br>California Vegetable Blend                                    |                                                                          |                                                                                  |                                                                                                   |                                                                               |                                                                     |                                                                                 |