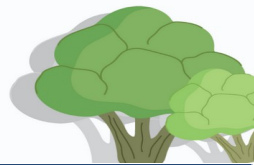




Meals on Wheels of San Diego County

County Frozen Menu

June 2025



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