


Meals on Wheels of San Diego County

County Vegetarian Frozen Menu

June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change						Tofu Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange Milk
Plant-Based Chicken w/Gray Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Pineapple Tidbits Milk Margarine	Jamaican Tofu Broccoli Florets and Corn Sweet Plantains Whole Wheat Bread Diced Pears Milk Margarine	Vegetarian Bean Stew Brown Rice Garden Vegetable Blend Multi-Grain Bread Fresh Orange Milk Margarine	Tofu w/Onions and Peppers Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	Vegetarian Chili Potato Medley Green Bean Amandine Multi-Grain Bread Mandarin Oranges Milk Margarine	Plant-Based BBQ Chicken WG Macaroni and Cheese Collard Greens Fresh Pear Milk	Smothered Garden Meatballs over Whole Grain Egg Noodles Green Peas Baby Carrots Mixed Fruit Milk
Tofu Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower Fresh Pear Milk	Black Bean Patty w/Gravy Roasted Sweet Potatoes Green Beans Whole Wheat Roll Fresh Orange Milk Margarine	Ginger Pepper Tofu Brown Fried Rice Broccoli Florets Mixed Fruit Milk Fortune Cookie	Plant-Based Chicken w/Au Jus Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Milk Margarine	Curry Chickpea Brown Rice Whole Kernel Corn Mandarin Oranges Milk	Tofu Bolognese over Whole Grain Penne Yellow Squash Brussels Sprouts Fresh Apple Milk	Smothered Garden Meatballs Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Milk Margarine
Tofu Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple Milk	Vegetarian Bean Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Milk Margarine	Chickpea Veracruz over Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits Milk	Tofu w/Onions and Peppers Roasted Diced Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple Milk Margarine	Plant-Based Bruschetta Chicken Whole Grain Au Gratin Rotini Green Beans Diced Peaches Milk	Smothered Garden Meatballs Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Mixed Fruit Milk Margarine	Creamy Chickpea Tikka Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Milk Margarine
Vegetarian Stroganoff over Whole Grain Egg Noodles Green Peas Glazed Carrots Whole Wheat Bread Pineapple Tidbits Milk Margarine	Sweet & Sour Tofu Fried Brown Rice Japanese Vegetable Blend Fresh Pear Milk	Smothered Garden Meatballs Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Milk Margarine	Plant-Based BBQ Chicken Caramelized Onion Jam WG Macaroni and Cheese Mixed Vegetables Fresh Orange Milk	Hoppin John Broccoli Florets Whole Wheat Roll Diced Pears Milk Margarine	Tofu with Mango BBQ Sauce Baked Beans Collard Greens Whole Wheat Roll Applesauce Milk Margarine	Sloppy Joe w/Lentils Roasted Diced Potatoes Capri Vegetable Blend Whole Wheat Hamburger Bun Diced Peaches Milk
Garden Meatballs Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Milk Margarine						 Denotes Sodium ≥ 1000 mg