

Meals on Wheels of San Diego County

April 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
	Pork Loin with Poivre Sauce Roasted Sweet Potatoes Green Beans Whole Wheat Roll Fresh Orange Milk Margarine	Korean BBQ Chicken Brown Fried Rice Broccoli Florets Mixed Fruit Milk Fortune Cookie	Roast Beef w/Gravy Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Milk Margarine	Blackened Tilapia Dirty Brown Rice Whole Kernel Corn Mandarin Oranges Milk	Spaghetti & Meatballs over Whole Grain Penne Yellow Squash Brussels Sprouts Fresh Apple Milk	Roasted Turkey Breast with Tarragon Sauce Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Milk Margarine
7	8	9	10	11	12	13
Pork Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple Milk	Beef Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Milk Margarine	Tilapia Vera Cruz over Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits Milk	Roasted Pork Loin with Apple Cider Mustard Glaze Roasted Diced Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple Milk Margarine	Bruschetta Chicken Whole Grain Au Gratin Rotini Green Beans Diced Peaches Milk	Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Mixed Fruit Milk Margarine	Creamy Paprika Chicken Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Milk Margarine
14	15	16	17	18	19	20
Meatball Stroganoff over Whole Grain Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits Milk	Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend Fresh Pear Milk	Chicken and Biscuit* Whipped Potatoes Green Beans *Whole Grain Biscuit in Entrée Fresh Apple Milk	Swiss Steak Whole Grain Macaroni and Cheese Mixed Vegetables Fresh Orange Milk	Krab Cake with Dill Sauce Confetti Brown Rice Broccoli Florets Diced Peas Milk	Baked Chicken with Mango BBQ Sauce  Baked Beans Collard Greens Whole Wheat Roll Applesauce Milk Margarine	Sloppy Joe Roasted Diced Potatoes Capri Vegetable Blend Whole Wheat Hamburger Bun Diced Peaches Milk
21	22	23	24	25	26	27
Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Milk Margarine Tartar Sauce	Curry Chicken Breast Coconut Brown Rice Green Peas Cauliflower Fresh Apple Milk	Salisbury Steak with Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Milk Margarine	Chicken Alfredo over Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear Milk	Beef Patty Tater Tots Dilled Carrots Whole Wheat Hamburger Bun Pineapple Tidbits Milk Ketchup Mustard	Pineapple Glazed Turkey Ham Roasted Sweet Potatoes  Brussels Sprouts Whole Wheat Bread Diced Peaches Milk Margarine	Pork Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange Milk
28	29	30				
Country Fried Steak with Onion Gravy  Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Milk Margarine	Caribbean Glazed Chicken Broccoli Florets and Corn Sweet Plantains Whole Wheat Bread Diced Peas Milk Margarine	Tilapia with Crumb Topping Brown Rice Garden Vegetable Blend Fresh Orange Milk				Beverage Choice: Milk, Soy Milk, Juice, or Bottled Water. Menu Subject to Change