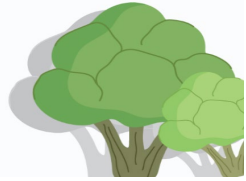


Meals on Wheels of San Diego County

Latin Inspired Menu

June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beverage Choice: Milk or Juice <i>Menu Subject to Change</i>						1 Arroz con Pollo Pinto Beans Calabacitas
2 Ropa Vieja Brown Rice Black Beans Sweet Plantains	3 Chile Relleno Bake Crispy Cubed Potatoes Capri Vegetable Blend	4 Chicken Enchiladas Verdes Refried Beans Fajita Vegetable Blend	5 Picadillo Brown Rice Fiesta Vegetable Blend	6 Baked Tilapia Spanish Sauce Green Beans Hominy	7 Chicken Fajitas Cilantro Brown Rice Southwest Corn Broccoli	8 Sofrito Meatballs Whipped Potatoes Spanish Carrots
9 Cheese Enchiladas Verdes Refried Beans Fajita Vegetable Blend	10 Carne Asada Crispy Cubed Papas California Vegetable Blend	11 Pork Carnitas Fiesta Black Beans Hominy	12 Carne Con Papas Charro Beans Steamed Cabbage	13 Blackened Tilapia Cilantro Lime Brown Rice Mexican Corn Baby Carrots	14 Chicken Chimichanga Refried Beans Fiesta Vegetable Blend	15 Taco Meat Spanish Brown Rice Pinto Beans Garden Vegetable Blend
16 Tamale Pie Yellow Squash Brussels Sprouts	17 Chile Colorado Spanish Brown Rice Pinto Beans Herbed Carrots	18 Cuban Citrus Mojo Chicken Fiesta Vegetables Sweet Plantains	19 *Juneteenth 	20 Birria Whipped Potatoes Mixed Vegetables	21 Sofrito Chicken Brown Rice Black Beans Corn, Tomatoes, & Chiles	22 Beef Taquitos Refried Beans Fiesta Vegetables
23 Chicken Chilaquiles Mexican Brown Rice Charro Beans	24 Meatloaf Spanish Sauce Whipped Potatoes Seasoned Spinach	25 Baked Tilapia Mango Chutney Fiesta Black Beans Fajita Vegetable Blend	26 Chuleta Frita Roasted Sweet Potatoes Cauliflower	27 Chile Lime Chicken Spanish Brown Rice Broccoli	28 Carne Guisada Whipped Potatoes Spanish Carrots	29 Bean Burrito Mojado Brussels Sprouts Plantains
30 Pork Carnitas Refried Beans Fiesta Vegetable Blend	* We will be closed on Juneteenth (Thursday, June 19). Meals typically delivered on that day will be delivered ahead of the holiday.		*Holiday Meal Bruschetta Chicken Whole Grain Au Gratin Rotini Green Beans Diced Peaches			