


## Meals on Wheels of San Diego County

### County Vegetarian Dinner Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>* We will be closed on Independence Day (Friday, July 4). Meals typically delivered on that day will be delivered ahead of the holiday.</b></p>	<p><b>Curry Chickpea</b> Coconut Brown Rice Green Peas Cauliflower Fresh Apple</p>	<p><b>Lentil Stew</b> O'Brien Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Margarine</p>	<p><b>Plant-Based Chicken Alfredo</b> over Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear</p>	<p><b>*Independence Day</b></p> <p><b>CLOSED</b></p>	<p><b>Pineapple Glazed Tofu</b> Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Bread Diced Peaches Margarine</p>	<p><b>Tofu Al Pastor</b> Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange</p>
<p><b>Plant-Based Chicken w/Gray</b> Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Pineapple Tidbits Margarine</p>	<p><b>Jamaican Tofu</b> Broccoli Florets and Corn Sweet Plantains Whole Wheat Bread Diced Pears Margarine</p>	<p><b>Vegetarian Bean Stew</b> Brown Rice Garden Vegetable Blend Multi-Grain Bread Fresh Orange Margarine</p>	<p><b>Tofu w/Onions and Peppers</b> Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce</p>	<p><b>Vegetarian Chili</b> Potato Medley Green Bean Amandine Multi-Grain Bread Mandarin Oranges Margarine</p>	<p><b>Plant-Based BBQ Chicken</b> WG Macaroni and Cheese Collard Greens Fresh Pear</p>	<p><b>Smothered Garden Meatballs</b> over Whole Grain Egg Noodles Green Peas Baby Carrots Mixed Fruit</p>
<p><b>Tofu Shawarma</b> Brown Rice Curry Okra &amp; Tomatoes Cauliflower Fresh Pear</p>	<p><b>Black Bean Patty w/Gravy</b> Roasted Sweet Potatoes Green Beans Whole Wheat Roll Fresh Orange Margarine</p>	<p><b>Ginger Pepper Tofu</b> Brown Fried Rice Broccoli Florets Mixed Fruit Fortune Cookie</p>	<p><b>Plant-Based Chicken w/Au Jus</b> Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Margarine</p>	<p><b>Curry Chickpea</b> Brown Rice Whole Kernel Corn Mandarin Oranges</p>	<p><b>Tofu Bolognese</b> over Whole Grain Penne Yellow Squash Brussels Sprouts Fresh Apple</p>	<p><b>Smothered Garden Meatballs</b> Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine</p>
<p><b>Tofu Chili Verde</b> Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple</p>	<p><b>Vegetarian Bean Stew</b> Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Margarine</p>	<p><b>Chickpea Veracruz</b> over Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits</p>	<p><b>Tofu w/Onions and Peppers</b> Roasted Diced Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple Margarine</p>	<p><b>Plant-Based Bruschetta Chicken</b> Whole Grain Au Gratin Rotini Green Beans Diced Peaches</p>	<p><b>Smothered Garden Meatballs</b> Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Mixed Fruit Margarine</p>	<p><b>Creamy Chickpea Tikka</b> Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Margarine</p>
<p><b>Vegetarian Stroganoff</b> over Whole Grain Egg Noodles Green Peas Glazed Carrots Whole Wheat Bread Pineapple Tidbits Margarine</p>	<p><b>Sweet &amp; Sour Tofu</b> Fried Brown Rice Japanese Vegetable Blend Fresh Pear</p>	<p><b>Smothered Garden Meatballs</b> Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Margarine</p>	<p><b>Plant-Based BBQ Chicken</b> Caramelized Onion Jam WG Macaroni and Cheese Mixed Vegetables Fresh Orange</p>	<p><b>The suggested contribution for each meal is \$3.00. Your contribution is purely voluntary and confidential. You will not be denied a meal if you choose not to contribute. This nutrition program is supported in part by the County of San Diego, Aging &amp; Independent Services.</b></p>		<p><b>Beverage Choice:</b> Milk or Juice</p> <p> Denotes Sodium ≥ 1000 mg</p> <p><i>Menu Subject to Change</i></p>