



# Meals on Wheels of San Diego County

## Vegetarian Dinner Menu



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