



Meals on Wheels of San Diego County

Dinner Menu

July 2025



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|---|--|
| | Curry Chicken Breast Coconut Brown Rice Green Peas Cauliflower Fresh Apple | Sofrito Meatballs Whipped Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Margarine | Chicken Alfredo over Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear | *Independence Day  | Pineapple Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Bread Diced Peaches Margarine | Pork Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange |
| Country Fried Steak with Onion Gravy Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine | Caribbean Glazed Chicken Broccoli Florets and Corn Sweet Plantains Whole Wheat Bread Diced Peas Margarine | Baked Tilapia with Spanish Sauce Brown Rice Hominy Mixed Vegetables Tropical Fruit | Picadillo Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce | Herb Crusted Pork Potato Medley Green Bean Amandine Multi-Grain Bread Mandarin Oranges Margarine | Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear | Swedish Meatballs over Whole Grain Egg Noodles Green Peas Baby Carrots Mixed Fruit |
| Chicken Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower Fresh Pear | Pork Loin with Poivre Sauce Roasted Sweet Potatoes Green Beans Whole Wheat Roll Fresh Orange Margarine | Sofrito Chicken Brown Rice Black Beans Broccoli Florets Mixed Fruit | Roast Beef w/Gravy Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Margarine | Blackened Tilapia Dirty Brown Rice Whole Kernel Corn Mandarin Oranges | Spaghetti & Meatballs over Whole Grain Penne Yellow Squash Brussels Sprouts Fresh Apple | Roasted Turkey Breast with Tarragon Sauce Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine |
| Pork Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple | Beef Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Margarine | Tilapia Vera Cruz over Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits | Roasted Pork Loin with Apple Cider Mustard Glaze Roasted Diced Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple Margarine | Bruschetta Chicken Whole Grain Au Gratin Rotini Green Beans Diced Peaches | Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Mixed Fruit Margarine | Creamy Paprika Chicken Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Margarine |
| Meatball Stroganoff over Whole Grain Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits | Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend Fresh Pear | Arroz con Pollo* *Brown Rice in Entrée Pinto Beans Calabacitas Fresh Apple | Swiss Steak WG Macaroni and Cheese Mixed Vegetables Fresh Orange | * We will be closed on Independence Day (Friday, July 4). Meals typically delivered on that day will be delivered ahead of the holiday. | Beverage Choice: Milk or Juice  Denotes Sodium ≥ 1000 mg Menu Subject to Change | |