

Meals on Wheels of San Diego County

Vegeterian Dinner Menu

July 2025



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