




Meals on Wheels of San Diego County

County Dinner Menu

August 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beverage Choice: Milk or Juice <i>Menu Subject to Change</i>  Denotes Sodium ≥ 1000 mg	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 & Independent Services.					
				1 Salmon Patty with Dill Sauce Confetti Brown Rice Broccoli Florets Whole Wheat Roll Diced Pears Margarine	2 Mango BBQ Chicken Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	3 Sloppy Joe Roasted Diced Potatoes Capri Vegetable Blend Whole Wheat Hamburger Bun Diced Peaches
4 Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine Tartar Sauce	5 Curry Chicken Breast Coconut Brown Rice Green Peas Cauliflower Fresh Apple	6 Sofrito Meatballs Whipped Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Margarine	7 Chicken Alfredo over Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear	8 Beef Patty Tater Tots Dilled Carrots Whole Wheat Hamburger Bun Mixed Fruit Ketchup Mustard	9 Pineapple Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Bread Diced Peaches Margarine 	10 Pork Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange
11 Country Fried Steak with Onion Gravy  Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	12 Caribbean Glazed Chicken Broccoli Florets and Corn Sweet Plantains Whole Wheat Bread Diced Pears Margarine	13 Baked Tilapia with Spanish Sauce Brown Rice Hominy Mixed Vegetables Tropical Fruit	14 Picadillo Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	15 Herb Crusted Pork Potato Medley Green Bean Amandine Multi-Grain Bread Mandarin Oranges Margarine	16 Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear	17 Swedish Meatballs over Whole Grain Egg Noodles Green Peas Baby Carrots Mixed Fruit
18 Chicken Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower Fresh Pear	19 Pork Loin with Poivre Sauce Roasted Sweet Potatoes Green Beans Whole Wheat Roll Fresh Orange Margarine	20 Sofrito Chicken Brown Rice Black Beans Broccoli Florets Mixed Fruit	21 Roast Beef w/Gravy Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Margarine	22 Blackened Tilapia Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	23 Spaghetti & Meatballs over Whole Grain Penne Yellow Squash Brussels Sprouts Fresh Apple	24 Roasted Turkey Breast with Tarragon Sauce Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine
25 Pork Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple	26 Beef Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Margarine	27 Tilapia Vera Cruz over Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits	28 Roasted Pork Loin with Apple Cider Mustard Glaze Roasted Diced Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple Margarine	29 Bruschetta Chicken Whole Grain Au Gratin Rotini Green Beans Diced Peaches	30 Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Mixed Fruit Margarine	31 Creamy Paprika Chicken Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Margarine