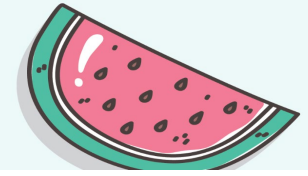


Meals on Wheels of San Diego County

County Dinner Menu

September 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 * Labor Day 	2 Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend Fresh Pear	3 Arroz con Pollo* *Brown Rice in Entrée Pinto Beans Calabacitas Fresh Apple	4 Swiss Steak WG Macaroni and Cheese Mixed Vegetables Fresh Orange	5 Salmon Patty with Dill Sauce Confetti Brown Rice Broccoli Florets Whole Wheat Roll Diced Pears Margarine	6 Mango BBQ Chicken Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	7 Meatball Stroganoff over Whole Grain Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits
8 Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine Tartar Sauce	9 Curry Chicken Breast Coconut Brown Rice Green Peas Cauliflower Fresh Apple	10 Sofrito Meatballs Whipped Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Margarine	11 Chicken Alfredo over Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear	12 Beef Patty Tater Tots Dilled Carrots Whole Wheat Hamburger Bun Mixed Fruit Ketchup Mustard	13 Pineapple Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Bread Diced Peaches Margarine 	14 Pork Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange
15 Country Fried Steak with Onion Gravy  Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	16 Caribbean Glazed Chicken Broccoli Florets and Corn Sweet Plantains Whole Wheat Bread Diced Pears Margarine	17 Baked Tilapia with Spanish Sauce Brown Rice Hominy Mixed Vegetables Tropical Fruit	18 Picadillo Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	19 Herb Crusted Pork Potato Medley Green Bean Amandine Multi-Grain Bread Mandarin Oranges Margarine	20 Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear	21 Swedish Meatballs over Whole Grain Egg Noodles Green Peas Baby Carrots Mixed Fruit
22 Chicken Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower Fresh Pear	23 Pork Loin with Poivre Sauce Roasted Sweet Potatoes Green Beans Whole Wheat Roll Fresh Orange Margarine	24 Sofrito Chicken Brown Rice Black Beans Broccoli Florets Mixed Fruit	25 Roast Beef w/Gravy Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Margarine	26 Blackened Tilapia Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	27 Spaghetti & Meatballs over Whole Grain Penne Yellow Squash Brussels Sprouts Fresh Apple	28 Roasted Turkey Breast with Tarragon Sauce Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine
29 Pork Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple	30 Beef Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Margarine	*We will be closed on Labor Day (Monday, Sept 1). Meals typically delivered on that day will be delivered ahead of the holiday		* Holiday Dinner Swiss Steak WG Macaroni and Cheese Mixed Vegetables		<u>Beverage Choice:</u> Milk or Juice Menu Subject to Change  Denotes Sodium ≥ 1000 mg
The suggested donation for each meal is \$3.00. Your contribution is purely voluntary. 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.						