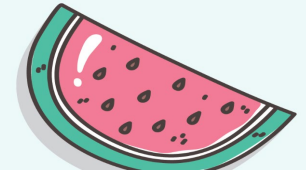


Meals on Wheels of San Diego County

Dinner Menu

September 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
* Labor Day 	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	Salmon Patty with Dill Sauce Confetti Brown Rice Broccoli Florets Whole Wheat Roll Diced Peas Margarine	Mango BBQ Chicken Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	Meatball Stroganoff over Whole Grain Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits
Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine Tartar Sauce	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	Beef Patty Tater Tots Dilled Carrots Whole Wheat Hamburger Bun Mixed Fruit Ketchup Mustard	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	*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			Beverage Choice: Milk or Juice Menu Subject to Change  Denotes Sodium ≥ 1000 mg