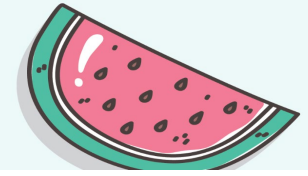


# Meals on Wheels of San Diego County

## Vegetarian Dinner Menu

### September 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>* Labor Day</b> 	<b>Sweet &amp; Sour Tofu</b> Fried Brown Rice Japanese Vegetable Blend Fresh Pear	<b>Smothered Garden Meatballs</b> Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Margarine	<b>Plant-Based BBQ Chicken</b> Caramelized Onion Jam WG Macaroni and Cheese Mixed Vegetables Fresh Orange	<b>Hoppin John</b> Broccoli Florets Whole Wheat Roll Diced Peas Margarine	<b>Tofu with Mango BBQ Sauce</b> Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	<b>Vegetarian Stroganoff over Whole Grain Egg Noodles</b> Green Peas Glazed Carrots Whole Wheat Bread Pineapple Tidbits Margarine
<b>Garden Meatballs</b> Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine	<b>Curry Chickpea</b> Coconut Brown Rice Green Peas Cauliflower Fresh Apple	<b>Lentil Stew</b> Whipped Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Margarine	<b>Plant-Based Chicken Alfredo over Whole Grain Penne</b> Ratatouille Broccoli Florets Fresh Pear	<b>Black Bean Burger</b> Tater Tot  Dilled Carrots Whole Wheat Hamburger Bun Mixed Fruit Ketchup Mustard	<b>Pineapple Glazed Tofu</b> Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Bread Diced Peaches Margarine	<b>Tofu Al Pastor</b> Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange
<b>Plant-Based Chicken w/Gray</b> Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Pineapple Tidbits Milk Margarine	<b>Jamaican Tofu</b> Broccoli Florets and Corn Sweet Plantains Whole Wheat Bread Diced Peas Milk Margarine	<b>Vegetarian Bean Stew</b> Brown Rice Mixed Vegetables Multi-Grain Bread Tropical Fruit Milk Margarine	<b>Tofu w/Onions and Peppers</b> Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	<b>Vegetarian Chili</b> Potato Medley Green Bean Amandine Multi-Grain Bread Mandarin Oranges Milk Margarine	<b>Plant-Based BBQ Chicken</b> WG Macaroni and Cheese Collard Greens Fresh Pear Milk	<b>Smothered Garden Meatballs over Whole Grain Egg Noodles</b> Green Peas Baby Carrots Mixed Fruit Milk
<b>Tofu Shawarma</b> Brown Rice Curry Okra & Tomatoes Cauliflower Fresh Pear Milk	<b>Black Bean Patty w/Gravy</b> Roasted Sweet Potatoes Green Beans  Whole Wheat Roll Fresh Orange Milk Margarine	<b>Ginger Pepper Tofu</b> Brown Fried Rice Broccoli Florets Mixed Fruit Milk Fortune Cookie	<b>Plant-Based Chicken w/Au Jus Garlic Whipped Potatoes</b> Collard Greens Whole Wheat Roll Pineapple Tidbits Milk Margarine	<b>Curry Chickpea</b> Brown Rice Whole Kernel Corn Mandarin Oranges Milk	<b>Tofu Bolognese over Whole Grain Penne</b> Yellow Squash Brussels Sprouts Fresh Apple Milk	<b>Smothered Garden Meatballs</b> Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Milk Margarine
<b>Tofu Chili Verde</b> Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple Milk	<b>Vegetarian Bean Stew</b> Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Milk Margarine	<b>*We will be closed on Labor Day (Monday, Sept 1). Meals typically delivered on that day will be delivered ahead of the holiday</b>	<b>* Holiday Dinner</b> <b>Plant-Based BBQ Chicken</b> WG Macaroni and Cheese Mixed Vegetables			<b>Beverage Choice:</b> Milk or Juice  <b>Menu Subject to Change</b>   Denotes Sodium ≥ 1000 mg