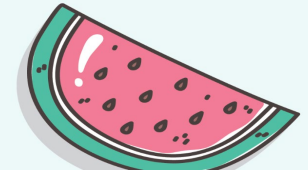


Meals on Wheels of San Diego County

County Vegetarian Dinner Menu

September 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 * Labor Day 	2 Sweet & Sour Tofu Fried Brown Rice Japanese Vegetable Blend Fresh Pear	3 Smothered Garden Meatballs Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Margarine	4 Plant-Based BBQ Chicken Caramelized Onion Jam WG Macaroni and Cheese Mixed Vegetables Fresh Orange	5 Hoppin John Broccoli Florets Whole Wheat Roll Diced Pears Margarine	6 Tofu with Mango BBQ Sauce Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	7 Vegetarian Stroganoff over Whole Grain Egg Noodles Green Peas Glazed Carrots Whole Wheat Bread Pineapple Tidbits Margarine
8 Garden Meatballs Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine	9 Curry Chickpea Coconut Brown Rice Green Peas Cauliflower Fresh Apple	10 Lentil Stew Whipped Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Margarine	11 Plant-Based Chicken Alfredo over Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear	12 Black Bean Burger Tater Tots Dilled Carrots Whole Wheat Hamburger Bun Mixed Fruit Ketchup Mustard 	13 Pineapple Glazed Tofu Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Bread Diced Peaches Margarine	14 Tofu Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange
15 Plant-Based Chicken w/Gray Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Pineapple Tidbits Milk Margarine	16 Jamaican Tofu Broccoli Florets and Corn Sweet Plantains Whole Wheat Bread Diced Pears Milk Margarine	17 Vegetarian Bean Stew Brown Rice Mixed Vegetables Multi-Grain Bread Tropical Fruit Milk Margarine	18 Tofu w/Onions and Peppers Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	19 Vegetarian Chili Potato Medley Green Bean Amandine Multi-Grain Bread Mandarin Oranges Milk Margarine	20 Plant-Based BBQ Chicken WG Macaroni and Cheese Collard Greens Fresh Pear Milk	21 Smothered Garden Meatballs over Whole Grain Egg Noodles Green Peas Baby Carrots Mixed Fruit Milk
22 Tofu Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower Fresh Pear Milk	23 Black Bean Patty w/Gravy Roasted Sweet Potatoes Green Beans Whole Wheat Roll Fresh Orange Milk Margarine 	24 Ginger Pepper Tofu Brown Fried Rice Broccoli Florets Mixed Fruit Milk Fortune Cookie	25 Plant-Based Chicken w/Au Jus Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Milk Margarine	26 Curry Chickpea Brown Rice Whole Kernel Corn Mandarin Oranges Milk	27 Tofu Bolognese over Whole Grain Penne Yellow Squash Brussels Sprouts Fresh Apple Milk	28 Smothered Garden Meatballs Black-eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Milk Margarine
29 Tofu Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple Milk	30 Vegetarian Bean Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Milk 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 Plant-Based BBQ Chicken WG Macaroni and Cheese Mixed Vegetables		<u>Beverage Choice:</u> Milk or Juice Menu Subject to Change  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.						