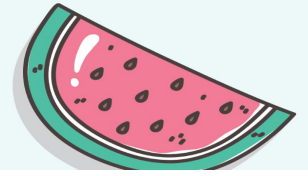


Meals on Wheels of San Diego County

Vegetarian Dinner Menu

September 2025



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