

Meals on Wheels San Diego County

County Frozen Menu

August 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change  Denotes Sodium ≥ 1000 mg					¹ Mango BBQ Chicken Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	² Sloppy Joe Oven Roasted Diced Potatoes Capri Vegetable Blend Whole Grain Hamburger Bun Diced Peaches
³ Chicken Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit Fortune Cookie	⁴ Creole Crab Cake Cubed Sweet Potatoes Broccoli Florets  Whole Wheat Roll Fresh Pear Margarine	⁵ Lemon Scarpariello Chicken WG Rotini Pasta Tuscany Vegetable Blend Spinach Pineapple Tidbits	⁶ BBQ Pork Rib Patty Whole Kernel Corn Glazed Carrots Whole Wheat Roll Fresh Orange	⁷ Chicken with Enchilada Sauce Cilantro Lime Brown Rice Black Beans Applesauce	⁸ Mediterranean Meatballs WG Penne Pasta Northern Beans California Vegetable Blend Diced Pears	⁹ Peri Peri Chicken Oven Roasted Diced Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine
¹⁰ Curry Chicken Brown Rice Green Peas Cauliflower Fresh Apple	¹¹ WG Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Tartar Sauce Margarine	¹² Salisbury Steak Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges  Margarine	¹³ Pork Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange	¹⁴ Hamburger Patty Tater Tots Dilled Carrots Whole Grain Hamburger Bun Pineapple Tidbits Ketchup Mustard	¹⁵ Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine	¹⁶ Baked Chicken Breast Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear
¹⁷ Country Fried Steak Onion Gravy Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits  Margarine	¹⁸ Mushroom Pork Roasted Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine	¹⁹ Caribbean Glazed Chicken Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine	²⁰ Tuna Croquette Brown Rice Garden Vegetable Blend Fresh Orange	²¹ Beef Taco Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	²² Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear	²³ Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit
²⁴ Chicken Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear	²⁵ Hoisin Pork Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	²⁶ Beef Patty Mushroom Brown Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine	²⁷ Lemon Pepper Pollock Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine	²⁸ BBQ Chicken Drumsticks Baked Beans Broccoli Florets Whole Wheat Roll Raisins White Chocolate Macadamia Cookie	²⁹ Meatballs with Spaghetti Sauce WG Penne Pasta Squash, Zucchini, and Brussels Sprouts Fresh Apple	³⁰ Roasted Turkey Breast Tarragon Sauce Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches  Margarine
³¹ Hamburger Patty Tater Tots Broccoli Florets WG Hamburger Bun Fresh Orange Mustard/Ketchup					Beverage of Choice: Milk or Juice	

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.