

Meals on Wheels San Diego County

Frozen Menu

August 2026



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