



Meals on Wheels San Diego County

County Frozen Menu

September 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change  Denotes Sodium	1 Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple	2 Scampi Chicken Oven Roasted Diced Potatoes California Vegetable Blend Whole Wheat Roll Fresh Apple	3 Chickpea Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits	4 Bruschetta Chicken WG Au Gratin Rotini Green Beans Diced Peaches	5 Meatloaf Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Roll Mixed Fruit Margarine 	6 Creamy Paprika Chicken Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Margarine
7 Labor Day Beef Stroganoff WG Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits	8 Salmon Patty Dill Sauce Confetti Brown Rice Broccoli Florets Whole Wheat Roll Diced Pears Margarine	9 Chicken and Biscuit Whipped Potatoes Green Beans Fresh Apple	10 Sweet and Sour Pork Fried Brown Rice Japanese Vegetable Blend Fresh Pear	11 Swiss Steak WG Macaroni & Cheese Mixed Vegetables Fresh Orange	12 Mango BBQ Chicken Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	13 Sloppy Joe Oven Roasted Diced Potatoes Capri Vegetable Blend WG Hamburger Bun Diced Peaches
14 Chicken Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit Fortune Cookie	15 Creole Crab Cake Cubed Sweet Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear 	16 Lemon Scarpariello Chicken WG Rotini Pasta Tuscany Vegetable Blend Spinach Pineapple Tidbits	17 BBQ Pork Rib Patty Whole Kernel Corn Glazed Carrots Whole Wheat Roll Fresh Orange	18 Chicken with Enchilada Sauce Cilantro Lime Brown Rice Black Beans Applesauce	19 Mediterranean Meatballs WG Penne Pasta Northern Beans California Vegetable Blend Diced Pears	20 Peri Peri Chicken Oven Roasted Diced Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine
21 Curry Chicken Brown Rice Green Peas Cauliflower Fresh Apple	22 WG Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine Tartar Sauce	23 Salisbury Steak Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine 	24 Pork Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange	25 Hamburger Patty Tater Tots Dilled Carrots WG Hamburger Bun Pineapple Tidbits Ketchup Mustard	26 Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine	27 Baked Chicken Breast Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear
28 Country Fried Steak Onion Gravy Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine 	29 Mushroom Pork Roasted Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine	30 Caribbean Glazed Chicken Broccoli & Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine		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.