



# Meals on Wheels San Diego County

## Frozen Menu September 2026



| MONDAY                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                               | THURSDAY                                                                                                   | FRIDAY                                                                                                                      | SATURDAY                                                                                                                                                                                                        | SUNDAY                                                                                                                            |
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| <b>Menu Subject to Change</b><br><br> Denotes Sodium ≥ 1000 mg                                                                                           | <b>1</b><br>Pork Carnitas<br>Cilantro Lime Brown Rice<br>Pinto Beans<br>Fiesta Vegetable Blend<br>Fresh Apple                                                                                 | <b>2</b><br>Scampi Chicken<br>Oven Roasted Diced Potatoes<br>California Vegetable Blend<br>WW Roll<br>Fresh Apple                                                                                                                       | <b>3</b><br>Chickpea Vera Cruz<br>Brown Rice Pilaf<br>Green Peas<br>Glazed Carrots<br>Pineapple Tidbits    | <b>4</b><br>Bruschetta Chicken<br>WG Au Gratin Rotini<br>Green Beans<br>Diced Peaches                                       | <b>5</b><br>Meatloaf<br>Tomato Gravy<br>Garlic Whipped Potatoes<br>Whole Kernel Corn<br>WW Roll<br>Mixed Fruit<br>Margarine  | <b>6</b><br>Creamy Paprika<br>Chicken Orzo with Asparagus<br>Yellow Squash<br>Whole Wheat Roll<br>Fresh Orange<br>Margarine       |
| <b>Labor Day 7</b><br>Beef Stroganoff<br>WG Egg Noodles<br>Green Peas<br>Glazed Carrots<br>Pineapple Tidbits                                                                                                                            | <b>8</b><br>Salmon Patty<br>Dill Sauce<br>Confetti Brown Rice<br>Broccoli Florets<br>Whole Wheat Roll<br>Diced Pears<br>Margarine                                                             | <b>9</b><br>Chicken and Biscuit<br>Whipped Potatoes<br>Green Beans<br>Fresh Apple                                                                                                                                                       | <b>10</b><br>Sweet and Sour Pork<br>Fried Brown Rice<br>Japanese Vegetable Blend<br>Fresh Pear             | <b>11</b><br>Swiss Steak<br>WG Macaroni & Cheese<br>Mixed Vegetables<br>Fresh Orange                                        | <b>12</b><br>Mango BBQ Chicken<br>Baked Beans<br>Collard Greens<br>Whole Wheat Roll<br>Applesauce<br>Margarine                                                                                                  | <b>13</b><br>Sloppy Joe<br>Oven Roasted Diced Potatoes<br>Capri Vegetable Blend<br>WG Hamburger Bun<br>Diced Peaches              |
| <b>14</b><br>Chicken Fried Rice<br>Japanese Vegetable Blend<br>Cabbage<br>Mixed Fruit<br>Fortune Cookie                                                                                                                                 | <b>15</b><br>Creole Crab Cake<br>Cubed Sweet Potatoes<br>Broccoli Florets<br>Whole Wheat Roll<br>Fresh Pear  | <b>16</b><br>Lemon Scarpariello<br>Chicken<br>WG Rotini Pasta<br>Tuscany Vegetable Blend<br>Spinach<br>Pineapple Tidbits                                                                                                                | <b>17</b><br>BBQ Pork Rib Patty<br>Whole Kernel Corn<br>Glazed Carrots<br>Whole Wheat Roll<br>Fresh Orange | <b>18</b><br>Chicken with Enchilada Sauce<br>Cilantro Lime Brown Rice<br>Black Beans<br>Applesauce                          | <b>19</b><br>Mediterranean Meatballs<br>WG Penne Pasta<br>Northern Beans<br>California Vegetable Blend<br>Diced Pears                                                                                           | <b>20</b><br>Peri Peri Chicken<br>Oven Roasted Diced Potatoes<br>Mixed Vegetables<br>Whole Wheat Roll<br>Fresh Apple<br>Margarine |
| <b>21</b><br>Curry Chicken<br>Brown Rice<br>Green Peas<br>Cauliflower<br>Fresh Apple                                                                                                                                                    | <b>22</b><br>WG Potato Crusted Pollock<br>Lentil Vegetable Pilaf California<br>Vegetable Blend<br>Multi-Grain Bread<br>Mixed Fruit<br>Margarine<br>Tartar Sauce                               | <b>23</b><br>Salisbury Steak<br>Steakhouse Sauce<br>O'Brien Potatoes<br>Garden Vegetable Blend<br>Whole Wheat Roll<br>Mandarin Oranges<br>Margarine  | <b>24</b><br>Pork Al Pastor<br>Brown Rice<br>Black Beans<br>Whole Wheat Tortilla<br>Fresh Orange           | <b>25</b><br>Hamburger Patty<br>Tater Tots<br>Dilled Carrots<br>WG Hamburger Bun<br>Pineapple Tidbits<br>Ketchup<br>Mustard | <b>26</b><br>Glazed Turkey<br>Ham Roasted<br>Sweet Potatoes<br>Brussels Sprouts<br>Whole Wheat Roll<br>Diced Peaches<br>Margarine                                                                               | <b>27</b><br>Baked Chicken Breast<br>Alfredo Sauce<br>WG Penne Pasta<br>Ratatouille<br>Broccoli Florets<br>Fresh Pear             |
| <b>28</b><br>Country Fried Steak<br>Onion Gravy<br>Whipped Potatoes<br>Capri Vegetable Blend<br>Multi-Grain Bread<br>Pineapple Tidbits<br>Margarine  | <b>29</b><br>Mushroom Pork<br>Roasted Potato<br>Medley Green Beans Amandine<br>Whole Wheat Roll<br>Mandarin Oranges<br>Margarine                                                              | <b>30</b><br>Caribbean Glazed<br>Chicken Broccoli & Corn<br>Sweet Plantains<br>Whole Wheat Roll<br>Diced Pears<br>Margarine                                                                                                             |                                                                                                            | <b>Beverage of Choice:</b><br>Milk or Juice                                                                                 |                                                                                                                                                                                                                 |                                                                                                                                   |