



Meals on Wheels San Diego County

Vegetarian Frozen Menu

September 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change Denotes Sodium ≥ 1000 mg 	¹ Baked Tofu Verde Sauce Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple	² Tofu Fajitas Oven Roasted Diced Potatoes California Vegetable Blend Whole Wheat Roll Fresh Apple Margarine	³ Chickpea Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits	⁴ Chick'n Breast (Plant Based) Bruschetta Sauce WG Au Gratin Rotini Green Beans Diced Peaches	⁵ Meatballs Vegetarian Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Roll Mixed Fruit Margarine	⁶ Creamy Chickpea Tikka Masala Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange Margarine
⁷ Labor Day Vegetarian Stroganoff WG Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits	⁸ Hoppin John Broccoli Florets Whole Wheat Roll Diced Pears Margarine	⁹ Meatballs Vegetarian Gravy Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Margarine	¹⁰ Baked Tofu Sweet and Sour Sauce Brown Fried Rice Japanese Vegetable Blend Fresh Pear	¹¹ Chick'n Breast (Plant Based) Caramelized Onion Jam WG Macaroni & Cheese Mixed Vegetables Fresh Orange	¹² Baked Tofu Mango BBQ Sauce 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 Tofu Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit Fortune Cookie	¹⁵ Creole Tofu Cubed Sweet Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Margarine	¹⁶ Lentil Bolognese WG Rotini Pasta Tuscan Vegetable Blend Spinach Pineapple Tidbits	¹⁷ Lentil Sloppy Joe Whole Kernel Corn Glazed Carrots Whole Wheat Roll Fresh Orange	¹⁸ Cheese Enchiladas Enchilada Sauce Black Beans Fajita Vegetable Blend Applesauce	¹⁹ Mediterranean Kidney Beans WG Penne Pasta California Vegetable Blend Diced Pears	²⁰ Peri Peri Tofu Oven Roasted Diced Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine
²¹ Curried Chickpeas Brown Rice Green Peas Cauliflower Fresh Apple	²² Meatballs Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine	²³ Lentil Stew O'Brien Potatoes Garden Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine	²⁴ Tofu Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange	²⁵ Lentil Sloppy Joe Tater Tots Dilled Carrots WW Hamburger Bun Pineapple Tidbits Ketchup Mustard	²⁶ Glazed Tofu Roasted Sweet Pot Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine	²⁷ Chick'n Breast (Plant Based) Alfredo Sauce WG Penne Pasta Ratatouille Broccoli Florets Fresh Pear
²⁸ Hoppin John Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	²⁹ Vegetarian Chili with Beans Potato Medley Green Beans Amandine Whole Wheat Roll Mandarin Oranges Margarine	³⁰ Jamaican Tofu Broccoli and Corn Sweet Plantains Whole Wheat Roll Diced Pears Margarine		Beverage of Choice: Milk or Juice		