



Meals on Wheels San Diego County

Frozen Menu October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change  Denotes Sodium ≥ 1000 mg Beverage Choice: Milk or Juice.			1 Breaded Pollock Brown Rice Garden Vegetable Blend Fresh Orange Tartar Sauce	2 Beef Taco Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	3 Oven Fried Chicken WG Macaroni and Cheese Collard Greens Fresh Pear	4 Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit
5 Chicken Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear	6 Hoisin Pork Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	7 Beef Patty Mushroom Brown Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine	8 Lemon Pepper Pollock Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine	9 Sweet and Sour Chicken Fried Brown Rice Broccoli Florets Mixed Fruit	10  Meatballs with Spaghetti Sauce WG Penne Pasta Squash, Zucchini, and Tomatoes Brussels Sprouts Fresh Apple	11 Roasted Turkey Breast Tarragon Sauce Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine
12 BBQ Chicken Drumsticks WG Macaroni & Cheese (1 cup) Seasoned Collard Greens Italian Vegetables Fresh Apple	13 Szechuan Pork Brown Rice Baby Carrots Broccoli Florets Mixed Fruit	14 Chicken Fajitas Pinto Beans Fiesta Vegetable Blend Whole Wheat Flour Tortilla Tropical Fruit	15 Beer Battered Cod Cilantro Lime Rice Black Beans <i>New!</i> Caribbean Vegetables Fresh Orange	16 Sloppy Joe Tater Tots Green Beans w/Red Peppers Whole Grain Hamburger Bun Diced Pears Ketchup	17 Honey Ginger Glazed Chicken Confetti Brown Rice Brussels Sprouts Winter Vegetables Raisins	18 Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Applesauce
19  Chicken Parmesan Whole Grain Penne Pasta Tuscany Vegetable Blend Broccoli Florets Applesauce	20 Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Winter Vegetables Mixed Fruit	21 Honey Balsamic Chicken Thigh Brown Rice Broccoli Florets Italian Vegetables Diced Pears	22 Cajun Lemon Pepper Breaded Pollock Dirty Brown Rice Whole Kernel Corn Green Beans Fresh Orange	23 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit	24 Coconut Curry Chicken Brown Rice Green Peas Cauliflower Fresh Orange	25 Salisbury Steak with Gravy <i>New!</i> Horseradish Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
26 Chicken Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Pineapple Tidbits	27 Pork Carnitas Cilantro Lime Brown Rice Charro Beans Garden Vegetables Fresh Apple	28 Turkey a la King Whole Grain Egg Noodles Glazed Carrots Winter Vegetables Fresh Orange	29 Salmon Patty Dill Sauce Garlic Parmesan Brown Rice Italian Vegetables Cauliflower Diced Pears	30 Hungarian Chicken Roasted Sweet Potatoes Mixed Vegetables Whole Wheat Roll Mixed Fruit Margarine	31 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Whole Kernel Corn Raisins	