

Meals on Wheels San Diego County, Frozen Vegetarian Menu, October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change Denotes Sodium ≥ 1000 mg Beverage Choice: Milk or Juice.			1 Vegetable Bean Stew Brown Rice Garden Vegetable Blend Fresh Orange	2 Tofu Fajitas Charro Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	3 Chick'n Breast (Plant Based) BBQ Sauce WG Macaroni and Cheese Collard Greens Fresh Pear	4 Swedish Meatballs WG Egg Noodles Green Peas Baby Carrots Mixed Fruit
5 Tofu Shawarma Brown Rice Curry Okra and Tomatoes Cauliflower Fresh Pear	6 Curry Chickpea Dirty Brown Rice Whole Kernel Corn Mandarin Oranges	7 Chick'n Breast (Plant Based) Vegetarian Au Jus Gravy Garlic Whipped Potatoes Spinach Whole Wheat Roll Pineapple Tidbits Margarine	8 Cheese Omelet Roasted Potato Medley Green Beans Whole Wheat Roll Fresh Orange Margarine	9 Sweet and Sour Tofu Fried Brown Rice Broccoli Florets Mixed Fruit Fortune Cookie	10 Lentil Bolognese WG Penne Pasta Squash, Zucchini, and Tomatoes Brussels Sprouts Fresh Apple	11 Meatballs Vegetarian Gravy Black-Eyed Peas Sliced Carrots Whole Wheat Roll Diced Peaches Margarine
12 BBQ Tofu WG Macaroni & Cheese Seasoned Collard Greens Fresh Apple	13 Bean Chili Brown Rice Baby Carrots Broccoli Florets Mixed Fruit	14 Tofu Fajitas Pinto Beans Fiesta Vegetable Blend Whole Wheat Flour Tortilla Tropical Fruit	15 Bean Tamale Pie Cilantro Lime Rice <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 Pineapple Glazed Tofu Confetti Brown Rice Brussels Sprouts Raisins	18 Vegetarian Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Applesauce
19 Tofu with Mornay Sauce Whole Grain Penne Pasta Tuscany Vegetable Blend Applesauce	20 Apricot Mustard Tofu Confetti Brown Rice Sliced Carrots Mixed Fruit	21 Curry Chickpeas Brown Rice Broccoli Florets Diced Pears	22 WG Vegetarian Fiesta Mac Whole Kernel Corn Green Beans Fresh Orange	23 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit	24 Kidney Beans Brown Rice Green Peas Cauliflower Fresh Orange	25 Vegetarian Meatballs w/Gravy <i>New!</i> Horseradish Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
26 White Bean Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Pineapple Tidbits	27 Tofu Al Pastor Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fresh Apple	28 Northern Bean a la King Whole Grain Egg Noodles Glazed Carrots Fresh Orange	29 Chickpea Vera Cruz Garlic Parmesan Brown Rice Cauliflower Diced Pears	30 Hungarian Tofu Roasted Sweet Potatoes Mixed Vegetables Whole Wheat Bread Mixed Fruit Margarine	31 Vegetarian Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Raisins	