

Meals on Wheels San Diego County

County Frozen Vegetarian Menu

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change  Denotes Sodium ≥ 1000 mg All meals include 8 oz of milk	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.		1 Bean Tamale Pie Cilantro Lime Rice <i>New!</i> Caribbean Vegetables Fresh Orange	2 Sloppy Joe Tater Tots Green Beans w/Red Peppers Whole Grain Hamburger Bun Diced Pears Ketchup	3 Pineapple Glazed Tofu Confetti Brown Rice Brussels Sprouts Raisins	4 Vegetarian Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Applesauce
5 Tofu with Mornay Sauce Whole Grain Penne Pasta Tuscany Vegetable Blend Applesauce	6 Apricot Mustard Tofu Confetti Brown Rice Sliced Carrots Mixed Fruit	7 Curry Chickpeas Brown Rice Broccoli Florets Diced Pears	8  WG Vegetarian Fiesta Mac Whole Kernel Corn Green Beans Fresh Orange	9 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit	10 Kidney Beans Brown Rice Green Peas Cauliflower Fresh Orange	11 Vegetarian Meatballs w/Gravy <i>New!</i> Horseradish Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
12 White Bean Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Pineapple Tidbits	13 Tofu Al Pastor Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fresh Apple	14 Northern Bean a la King Whole Grain Egg Noodles Glazed Carrots Fresh Orange	15 Chickpea Vera Cruz Garlic Parmesan Brown Rice Cauliflower Diced Pears	16 Hungarian Tofu Roasted Sweet Potatoes Mixed Vegetables Whole Wheat Bread Mixed Fruit Margarine	17 Vegetarian Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Raisins	18 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Zucchini w/ Red Peppers Applesauce
19 Vegetarian Lasagna Bake Broccoli Florets Whole Grain Garlic Breadstick Fresh Orange Margarine	20 Tofu with Gravy <i>New!</i> Whipped Potatoes w/Chives Mixed Vegetables Whole Wheat Roll Tropical Fruit Margarine	21 Black Beans Brown Rice Chuckwagon Corn Winter Vegetables Mixed Fruit	22 Hoppin John WG Macaroni & Cheese California Vegetables Fresh Apple	23 Black Bean Burger Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	24 Orange Glazed Tofu Brown Rice Green Peas Sliced Carrots Pineapple Tidbits	25 Northern Bean Alfredo Whole Grain Penne Pasta Brussels Sprouts Cauliflower Tropical Fruit
26  <i>New!</i> Vegetarian Meatballs w/Gravy Buttermilk Whipped Potatoes Glazed Carrots Whole Wheat Bread Fresh Orange Margarine	27 WG Bean & Cheese Burrito Enchilada Sauce Charro Beans Calabacitas Fresh Apple	28 Tofu Curry Brown Rice Cauliflower Diced Pears	29 Black-eyed Peas Roasted Sweet Potatoes Green Peas Whole Wheat Roll Diced Peaches Margarine	30 Tofu with Gravy Garlic Whipped Potatoes California Vegetable Blend Whole Wheat Roll Raisins Margarine	31 Black Beans Brown Rice Plantains Broccoli Florets Tropical Fruit	