

Meals on Wheels San Diego

Frozen 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 Beer Battered Cod Cilantro Lime Rice Black Beans <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 Honey Ginger Glazed Chicken Confetti Brown Rice Brussels Sprouts Winter Vegetables Raisins	4 Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Applesauce
5 Chicken Parmesan Whole Grain Penne Pasta Tuscany Vegetable Blend Broccoli Florets Applesauce	6 Apricot Mustard Pork Confetti Brown Rice (1 cup) Sliced Carrots Winter Vegetables Mixed Fruit	7 Honey Balsamic Chicken Thigh Brown Rice Broccoli Florets Italian Vegetables Diced Pears	8 Cajun Lemon Pepper Breaded Pollock Dirty Brown Rice Whole Kernel Corn Green Beans Fresh Orange	9 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit	10 Coconut Curry Chicken Brown Rice Green Peas Cauliflower Fresh Orange	11 Salisbury Steak with Gravy <i>New!</i> Horseradish Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
12 Chicken Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Pineapple Tidbits	13 Pork Carnitas Cilantro Lime Brown Rice Charro Beans Garden Vegetables Fresh Apple	14 Turkey a la King Whole Grain Egg Noodles Glazed Carrots Winter Vegetables Fresh Orange	15 Salmon Patty Dill Sauce Garlic Parmesan Brown Rice Italian Vegetables Cauliflower Diced Pears	16 Hungarian Chicken Roasted Sweet Potatoes Mixed Vegetables Whole Wheat Roll Mixed Fruit Margarine	17 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Whole Kernel Corn Raisins	18 <i>New!</i> Chicken Tinga Spanish Brown Rice Black Beans Zucchini w/Red Peppers Applesauce
19 Italian Beef & Turkey Whole Grain Penne Bake Broccoli Florets Italian Vegetables Whole Grain Garlic Breadstick Fresh Orange Margarine	20 BBQ Pork Rib Patty <i>New!</i> Whipped Potatoes w/Chives Mixed Vegetables Whole Wheat Roll Tropical Fruit Margarine	21 Sofrito Chicken Brown Rice (1 cup) Black Beans Chuckwagon Corn Mixed Fruit	22 Potato Crusted Pollock WG Macaroni & Cheese California Vegetables Green Beans Fresh Apple Tartar Sauce	23 Hamburger Patty Baked Beans Winter Vegetables Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	24 Whole Grain Turkey Tetrazzini Green Peas Sliced Carrots Whole Wheat Roll Pineapple Tidbits	25 Baked Chicken Breast Roasted Garlic Marsala Sauce Whole Grain Penne Pasta Brussels Sprouts Cauliflower Diced Pears
 26 Meatloaf with Gravy <i>New!</i> Buttermilk Whipped Potatoes Glazed Carrots Whole Wheat Bread Fresh Orange Margarine	27 Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice (1 cup) Charro Beans Calabacitas Fresh Apple	28 <i>New!</i> Beef Japanese Curry Brown Rice Cauliflower Peas and Carrots Diced Pears	29 Potato Crusted Pollock Roasted Sweet Potatoes Green Peas Whole Wheat Roll Diced Peaches Margarine Tartar Sauce	30 Turkey Breast with Gravy Garlic Whipped Potatoes California Vegetables Whole Wheat Roll Raisins Margarine	31 Jamaican Jerk Chicken Brown Rice Plantains Broccoli Florets Tropical Fruit	