Meals on Wheels San Diego County

County Frozen Menu

November 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 *Sweet & Sour Meatballs* *Whole Grain Penne Pasta* *Whole Kernel Corn* *Green Beans* *Mixed Fruit*
2 *Chicken Fried Rice* *Japanese Vegetable Blend* *Cabbage* *Mixed Fruit* *Whole Wheat Roll* *Fortune Cookie* *Margarine*	3 $ *BBQ Pork Rib Patty* *Baked Beans* *New! San Francisco Vegetables* *Whole Grain Hamburger Bun* *Fresh Orange*	4 *Lemon Scarpariello Chicken* *Whole Rotini Pasta* *Tuscany Vegetable Blend* *Spinach* *Diced Peaches*	5 *Baked Fish (Tilapia)* *Ginger Scallion Sauce* *Brown Rice (1 cup)* *Glazed Carrots* *Green Peas* *Tropical Fruit*	6 *Baked Chicken Breast* *Pumpkin Seed Mole* *Cilantro Lime Brown Rice* *Black Beans* *Broccoli Florets* *Applesauce*	7 *Baked Meatballs* *Mediterranean Sauce* *Whole Grain Penne Pasta* *Northern Beans* *California Vegetable Blend* *Diced Pears*	8 *Peri Peri Chicken* *Oven Roasted Potatoes* *Mixed Vegetables* *Whole Wheat Roll* *Fresh Apple* *Margarine*
9 *BBQ Chicken Drumsticks* *WG Macaroni & Cheese (1 cup)* *Seasoned Collard Greens* *Italian Vegetables* *Fresh Apple*	10 *Szechuan Pork* *Brown Rice* *Baby Carrots* *Broccoli Florets* *Mixed Fruit*	11 *Chicken Fajitas* *Pinto Beans* *Fiesta Vegetable Blend* *Whole Wheat Flour Tortilla* *Tropical Fruit*	12 *Beer Battered Cod* *Cilantro Lime Rice* *Black Beans* *New! Caribbean Vegetables* *Fresh Orange*	13 *Sloppy Joe* *Tater Tots* *Green Beans w/Red Peppers* *Whole Grain Hamburger Bun* *Diced Pears* *Ketchup*	14 *Honey Ginger Glazed Chicken* *Confetti Brown Rice* *Brussels Sprouts* *Winter Vegetables* *Raisins*	15 *Swedish Meatballs* *Whole Grain Penne Pasta* *Green Peas* *Sliced Carrots* *Applesauce*
16 *Chicken Parmesan* *Whole Grain Penne Pasta* *Tuscany Vegetable Blend* *Broccoli Florets* *Applesauce*	17 *Apricot Mustard Pork* *Confetti Brown Rice (1 cup)* *Sliced Carrots* *Winter Vegetables* *Mixed Fruit*	18 *Honey Balsamic Chicken Thigh* *Brown Rice* *Broccoli Florets* *Italian Vegetables* *Diced Pears*	19 *Cajun Lemon Pepper* *Breaded Pollock* *Dirty Brown Rice* *Whole Kernel Corn* *Green Beans* *Fresh Orange*	20 *WG Bean & Cheese Burrito* *Enchilada Sauce* *Black Beans* *Fajita Vegetable Blend* *Tropical Fruit*	21 *Coconut Curry Chicken* *Brown Rice* *Green Peas* *Cauliflower* *Fresh Orange*	22 *Salisbury Steak with Gravy* *New! Horseradish Whipped Potatoes* *Mixed Vegetables* *Whole Wheat Bread* *Fresh Apple* *Margarine*
23 *Chicken Alfredo* *Whole Grain Rotini Pasta* *Ratatouille* *Green Beans* *Pineapple Tidbits*	24 *Pork Carnitas* *Cilantro Lime Brown Rice* *Charro Beans* *Garden Vegetables* *Fresh Apple*	25 *Turkey a la King* *Whole Grain Egg Noodles* *Glazed Carrots* *Winter Vegetables* *Fresh Orange*	26 ***Thanksgiving Holiday Meal*** $ *Roasted Turkey Breast* *Poultry Gravy* *Cornbread Dressing* *Whipped Potatoes* *Broccoli Florets* *Multi-Grain Bread (2 sl)* *Fresh Pear* *Pumpkin Pie* *Margarine & Cranberry Sauce*	27 *Hungarian Chicken* *Roasted Sweet Potatoes* *Mixed Vegetables* *Whole Wheat Roll* *Mixed Fruit* *Margarine*	28 *Meatballs & Spaghetti Sauce* *Whole Grain Spaghetti* *Brussels Sprouts* *Whole Kernel Corn* *Raisins*	29 *New! Chicken Tinga* *Spanish Brown Rice* *Black Beans* *Zucchini w/Red Peppers* *Applesauce*
30 *Italian Beef & Turkey* *Whole Grain Penne Bake* *Broccoli Florets* *Italian Vegetables* *Whole Grain Garlic Breadstick* *Fresh Orange* *Margarine*						MEALS ON WHEELS SAN DIEGO COUNTY