# Meals on Wheels San Diego County
## Frozen Menu
## November 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| **Menu Subject to Change**<br>(S) Denotes Sodium ≥ 1000 mg<br>All meals include 8 oz of milk | | | | | | **1**<br>Sweet & Sour Meatballs<br>Whole Grain Penne Pasta<br>Whole Kernel Corn<br>Green Beans<br>Mixed Fruit |
| **2**<br>Chicken Fried Rice<br>Japanese Vegetable Blend<br>Cabbage<br>Mixed Fruit<br>Whole Wheat Roll<br>Fortune Cookie<br>Margarine | **3**<br>(S) BBQ Pork Rib Patty<br>Baked Beans<br>*New!* San Francisco Vegetables<br>Whole Grain Hamburger Bun<br>Fresh Orange | **4**<br>Lemon Scarpariello Chicken<br>Whole Rotini Pasta<br>Tuscany Vegetable Blend<br>Spinach<br>Diced Peaches | **5**<br>Baked Fish (Tilapia)<br>Ginger Scallion Sauce<br>Brown Rice (1 cup)<br>Glazed Carrots<br>Green Peas<br>Tropical Fruit | **6**<br>Baked Chicken Breast<br>Pumpkin Seed Mole<br>Cilantro Lime Brown Rice<br>Black Beans<br>Broccoli Florets<br>Applesauce | **7**<br>Baked Meatballs<br>Mediterranean Sauce<br>Whole Grain Penne Pasta<br>Northern Beans<br>California Vegetable Blend<br>Diced Pears | **8**<br>Peri Peri Chicken<br>Oven Roasted Potatoes<br>Mixed Vegetables<br>Whole Wheat Roll<br>Fresh Apple<br>Margarine |
| **9**<br>BBQ Chicken Drumsticks<br>WG Macaroni & Cheese (1 cup)<br>Seasoned Collard Greens<br>Italian Vegetables<br>Fresh Apple | **10**<br>Szechuan Pork<br>Brown Rice<br>Baby Carrots<br>Broccoli Florets<br>Mixed Fruit | **11**<br>Chicken Fajitas<br>Pinto Beans<br>Fiesta Vegetable Blend<br>Whole Wheat Flour Tortilla<br>Tropical Fruit | **12**<br>Beer Battered Cod<br>Cilantro Lime Rice<br>Black Beans<br>*New!* Caribbean Vegetables<br>Fresh Orange | **13**<br>Sloppy Joe<br>Tater Tots<br>Green Beans w/Red Peppers<br>Whole Grain Hamburger Bun<br>Diced Pears<br>Ketchup | **14**<br>Honey Ginger Glazed Chicken<br>Confetti Brown Rice<br>Brussels Sprouts<br>Winter Vegetables<br>Raisins | **15**<br>Swedish Meatballs<br>Whole Grain Penne Pasta<br>Green Peas<br>Sliced Carrots<br>Applesauce |
| **16**<br>Chicken Parmesan<br>Whole Grain Penne Pasta<br>Tuscany Vegetable Blend<br>Broccoli Florets<br>Applesauce | **17**<br>Apricot Mustard Pork<br>Confetti Brown Rice (1 cup)<br>Sliced Carrots<br>Winter Vegetables<br>Mixed Fruit | **18**<br>Honey Balsamic Chicken Thigh<br>Brown Rice<br>Broccoli Florets<br>Italian Vegetables<br>Diced Pears | **19**<br>Cajun Lemon Pepper<br>Breaded Pollock<br>Dirty Brown Rice<br>Whole Kernel Corn<br>Green Beans<br>Fresh Orange | **20**<br>WG Bean & Cheese Burrito<br>Enchilada Sauce<br>Black Beans<br>Fajita Vegetable Blend<br>Tropical Fruit | **21**<br>Coconut Curry Chicken<br>Brown Rice<br>Green Peas<br>Cauliflower<br>Fresh Orange | **22**<br>Salisbury Steak with Gravy<br>*New!* Horseradish Whipped Potatoes<br>Mixed Vegetables<br>Whole Wheat Bread<br>Fresh Apple<br>Margarine |
| **23**<br>Chicken Alfredo<br>Whole Grain Rotini Pasta<br>Ratatouille<br>Green Beans<br>Pineapple Tidbits | **24**<br>Pork Carnitas<br>Cilantro Lime Brown Rice<br>Charro Beans<br>Garden Vegetables<br>Fresh Apple | **25**<br>Turkey a la King<br>Whole Grain Egg Noodles<br>Glazed Carrots<br>Winter Vegetables<br>Fresh Orange | **26**<br>***Thanksgiving Holiday Meal***<br>(S) Roasted Turkey Breast<br>Poultry Gravy<br>Cornbread Dressing<br>Whipped Potatoes<br>Broccoli Florets<br>Multi-Grain Bread (2 sl)<br>Fresh Pear<br>Pumpkin Pie<br>Margarine & Cranberry Sauce | **27**<br>Hungarian Chicken<br>Roasted Sweet Potatoes<br>Mixed Vegetables<br>Whole Wheat Roll<br>Mixed Fruit<br>Margarine | **28**<br>Meatballs & Spaghetti Sauce<br>Whole Grain Spaghetti<br>Brussels Sprouts<br>Whole Kernel Corn<br>Raisins | **29**<br>*New!* Chicken Tinga<br>Spanish Brown Rice<br>Black Beans<br>Zucchini w/Red Peppers<br>Applesauce |
| **30**<br>Italian Beef & Turkey<br>Whole Grain Penne Bake<br>Broccoli Florets<br>Italian Vegetables<br>Whole Grain Garlic Breadstick<br>Fresh Orange<br>Margarine | | | | | | MEALS on WHEELS SAN DIEGO COUNTY |