

Meals on Wheels San Diego County
Frozen Vegetarian Menu
November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change (S) Denotes Sodium ≥ 1000 mg All meals include 8 oz of milk						**1** Vegetarian Meatballs Sweet & Sour Sauce Whole Grain Penne Pasta Whole Kernel Corn Green Beans Mixed Fruit
2 Tofu Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit Fortune Cookie	**3** (S) BBQ Black Bean Burger Baked Beans *New!* San Francisco Vegetables Whole Grain Hamburger Bun Fresh Orange	**4** Vegetarian Bolognese Whole Rotini Pasta Tuscany Vegetable Blend Garlic Spinach Diced Peaches	**5** Kidney Beans Brown Rice Glazed Carrots Tropical Fruit	**6** Cheese Enchiladas Enchilada Sauce Cilantro Lime Brown Rice Black Beans Applesauce	**7** Kidney Beans Mediterranean Sauce Whole Grain Penne Pasta California Vegetable Blend Diced Pears	**8** Peri Peri Tofu Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine
9 BBQ Tofu WG Macaroni & Cheese Seasoned Collard Greens Fresh Apple	**10** Bean Chili Brown Rice Baby Carrots Broccoli Florets Mixed Fruit	**11** Tofu Fajitas Pinto Beans Fiesta Vegetable Blend Whole Wheat Flour Tortilla Tropical Fruit	**12** Bean Tamale Pie Cilantro Lime Rice *New!* Caribbean Vegetables Fresh Orange	**13** Sloppy Joe Tater Tots Green Beans w/Red Peppers Whole Grain Hamburger Bun Diced Pears Ketchup	**14** Pineapple Glazed Tofu Confetti Brown Rice Brussels Sprouts Raisins	**15** Vegetarian Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Applesauce
16 Tofu with Mornay Sauce Whole Grain Penne Pasta Tuscany Vegetable Blend Applesauce	**17** Apricot Mustard Tofu Confetti Brown Rice Sliced Carrots Mixed Fruit	**18** Curry Chickpeas Brown Rice Broccoli Florets Diced Pears	**19** WG Vegetarian Fiesta Mac (S) Whole Kernel Corn Green Beans Fresh Orange	**20** WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit	**21** Kidney Beans Brown Rice Green Peas Cauliflower Fresh Orange	**22** Vegetarian Meatballs w/Gravy *New!* Horseradish Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
23 White Bean Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Pineapple Tidbits	**24** Tofu Al Pastor Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fresh Apple	**25** Northern Bean a la King Whole Grain Egg Noodles Glazed Carrots Fresh Orange	**26** ***Thanksgiving Holiday Meal*** Tofu with Gravy Cornbread Dressing Broccoli Florets Multi-Grain Bread Fresh Pear Pumpkin Pie Margarine Cranberry Sauce	**27** Hungarian Tofu Roasted Sweet Potatoes Mixed Vegetables Whole Wheat Bread Mixed Fruit Margarine	**28** Vegetarian Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Raisins	**29** WG Bean & Cheese Burrito Enchilada Sauce Black Beans Zucchini w/ Red Peppers Applesauce
30 Vegetarian Lasagna Bake Broccoli Florets Whole Grain Garlic Breadstick Fresh Orange Margarine						MEALS ON WHEELS SAN DIEGO COUNTY