



Meals on Wheels of San Diego County

Vegetarian Lunch Menu

December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Greek Chickpea Salad with Balsamic Vinaigrette Black Bean & Rice Salad Whole Grain Corn Muffin Fruit Cup	2 Black Bean Taco Salad* <i>*Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fruit	3 Mediterranean Tofu Quinoa Bowl* <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit Cup	4 Cranberry Pecan White Bean Salad Blueberry Muffin Coleslaw Fruit Cup	5 Deviled Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Fruit Cup	6 Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	7 Pesto Black Bean Patty Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit
8 Harvest Tofu Bowl* <i>*Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit Cup	9 Deviled Egg Salad w/Whole Grain Crackers Carrot Raisin Salad Fruit	10 Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Blueberry Muffin Fruit	11 Black Bean Patty on Kaiser Roll Lettuce/Tomato/Onion Three Bean Salad Fruit	12 Mediterranean Tofu Quinoa Bowl* <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit Cup	13 Greek Chickpea Salad with Balsamic Vinaigrette Italian Cucumber Salad Naan Bread Dippers Fruit	14 French Bistro Bean Salad* <i>*Northern Beans, Red Onion, Parsley, Corn, and a French Dressing</i> Venetian Pasta Salad Whole Grain Breadstick Fruit Cup
15 Mediterranean Tofu Quinoa Bowl* <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit	16 Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	17 Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Fruit Cup	18 Cranberry Pecan White Bean Salad on Brioche Roll Coleslaw Fruit Cup	19 Greek Chickpea Salad with Balsamic Vinaigrette Naan Bread Dippers Pasta Salad Fruit	20 Black Bean Patty on Whole Wheat Bread Lettuce/Tomato/Onion Black-Eyed Pea Salad Fruit Cup	21 Chef Salad with Tofu with Ranch Dressing Three Bean Salad Whole Wheat Roll Fruit
22 Hummus w/Whole Grain Crackers Italian Cucumber Salad Fruit	23 Chickpea Caesar Salad with Caesar Dressing Coleslaw Whole Grain Breadstick Fruit	*24 	25 Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit Cup	26 Harvest Tofu Bowl* <i>*Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Fruit</i> Fruit	27 Black Bean Reuben Sandwich on Rye Bread* <i>*Black Bean Patty, Sauerkraut, Swiss, and Thousand Island</i> Coleslaw Fruit Cup	28 Egg Salad on Whole Wheat Bread Broccoli Raisin Salad Fruit Cup
29 Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit Cup	30 Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Crackers Fruit	31 Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	*HOLIDAY FROZEN MEAL Vegetarian Meatballs w/Gravy Mashed Potatoes Glazed Carrots Fruit			Beverage Choice: Milk or Juice Menu Subject to Change