



Meals on Wheels of San Diego County

Vegetarian Lunch Menu December 2025



	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Black Bean Taco Salad* *Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream Whole Grain Tortilla Chips Fruit	Mediterranean Tofu Quinoa Bowl* *Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt Fruit Cup	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* *Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette Fruit	7 Pesto Black Bean Patty Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit
9 Deviled Egg Salad w/Whole Grain Crackers Carrot Raisin Salad Fruit	Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Blueberry Muffin Fruit	Black Bean Patty on Kaiser Roll Lettuce/Tomato/Onion Three Bean Salad Fruit	Mediterranean Tofu Quinoa Bowl* *Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt Fruit Cup	13 Greek Chickpea Salad with Balsamic Vinegarette Italian Cucumber Salad Naan Bread Dippers Fruit	French Bistro Bean Salad* *Northern Beans, Red Onion, Parsley, Com, and a French Dressing Venetian Pasta Salad Whole Grain Breadstick Fruit Cup
Tofu & Pineapple Farro Bowl* *Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette Fruit	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 Vinegarette Naan Bread Dippers Pasta Salad Fruit	Black Bean Patty on Whole Wheat Bread Lettuce/Tomato/Onion Black-Eyed Pea Salad Fruit Cup	Chef Salad with Tofu with Ranch Dressing Three Bean Salad Whole Wheat Roll Fruit
Chickpea Caesar Salad with Caesar Dressing Coleslaw Whole Grain Breadstick Fruit	*24	Tofu & Pineapple Farro Bowl* *Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette Fruit Cup	26 Harvest Tofu Bowl* *Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey- Fruit	27 Black Bean Reuben Sandwich on Rye Bread* *Black Bean Patty, Sauerkraut, Swiss, and Thousand Island Coleslaw Fruit Cup	Egg Salad on Whole Wheat Bread Broccoli Raisin Salad Fruit Cup
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
	Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream Whole Grain Tortilla Chips Fruit 9 Deviled Egg Salad w/Whole Grain Crackers Carrot Raisin Salad Fruit 16 Tofu & Pineapple Farro Bowl *Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette Fruit 23 Chickpea Caesar Salad with Caesar Dressing Coleslaw Whole Grain Breadstick Fruit 30 Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Crackers	*Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream Whole Grain Tortilla Chips Fruit *Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt Fruit Cup 9 Deviled Egg Salad w/Whole Grain Crackers Carrot Raisin Salad Fruit 16 Tofu & Pineapple Farro Bowl* *Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette Fruit 17 Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Fruit Cup *24 Chickpea Caesar Salad with Caesar Dressing Coleslaw Whole Grain Breadstick Fruit 30 Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Wheat Bread Cucumbers w/Creole Dressing Fruit Tofu & Guinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt Fruit Cup 10 Chef Salad with Tofu with Ranch Dressing Coleslaw Whole Grain Breadstick Fruit 31 Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	*Black Beans, Cheddar Cheese, Tomalo, Romaine Lettuce, Taco Sauce, and Sour Cream Whole Grain Tortilla Chips Fruit *Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt Fruit Cup *Tofu & Pineapple Farro Bowl** Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette Fruit *Tofu & Pineapple Salsa, Avocado, and Whole Grain Breadstick Fruit *Tofu & Pineapple Salsa Avocado, and Whole Grain Breadstick Fruit *Tofu & Pineapple Salsa Avocado, and Whole Grain Breadstick Fruit *Tofu & Pineapple Salsa, Avocado, and Whole Wheat Bread Mixed Green Salad with Caesar Dressing Coleslaw Whole Grain Breadstick Fruit *Tofu & Pineapple Farro Bowl* *Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette Fruit **Tofu & Pineapple Farro Bowl* *Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette Fruit **Tofu & Pineapple Farro Bowl* *Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette Fruit Cup **24 **Chickpea Caesar Salad with Tofu with Ranch Dressing Chickpea Salad On Whole Wheat Bread On Whole Wheat Bread Cucumbers w/Creole Dressing Chickpea Salad Whole Grain Crackers **HOLIDAY FROZEN MEAL Vegetarian Meatballs w/Gravy Mashed Potatoes Glazed Carrots	Cumbers Carbon Bowl* Carbon Bo	Select Reams, Cheddar Cheese, Tomate, Romains Lettuce, Taco Sauce, and Sour Cream Whole Grain Tortilla Chips Fruit Cup Tofit, Cillarto Line Quinos, Arogula, Grapo Tomatoses, Kalamata Olines, Cucumbers, Hummus, Tahini Dressing, Fruit Cup Touther, Hummus, Tahini Dressing Carrot Raisin Salad Fruit Touther Grain Blueberty Muffin Grain Black Bean Patty on Kaiser Roll Quinos Bowl* Truit Cup Seas Aucusado, and Vinaignette Fruit Cup Touth Ranch Dressing Chickpea Salad Whole Grain Blueberty Muffin Fruit Touth Ranch Dressing Chickpea Salad Whole Grain Blueberty Muffin Fruit Touth Ranch Dressing Chickpea Salad Whole Grain Blueberty Muffin Fruit Touth Ranch Dressing Chickpea Salad Whole Grain Blueberty Muffin Fruit Touther Read Galobage, Prios de Gallo, Princepple Salas, Aucusado, and Vinaignette Raid Raid Cabage, Prios de Gallo, Princepple Salas, Aucusado, and Vinaignette Raid Cabage, Prios de Gallo, Princepple Salas, Aucusado, and Whole Wheat Bread Mixed Green Salad wilt Dressing Fruit Cup Touth Raid Read Cabage, Prios de Gallo, Princepple Salas, Aucusado, and Vinaignette Raid Raid Cabage, Prios de Gallo, Princepple Salas, Aucusado, and Whole Wheat Bread Mixed Green Salad wilt Dressing Coleslaw Whole Grain Breadstick Fruit Touther Raid Raid Cabage, Prios de Gallo, Princepple Salas, Aucusado, and Whole Wheat Bread Mixed Green Salad wilt Balamic Vinegarette Nam Bread Dippers Pasta Salad Fruit Cup Touther Salad Salad Wilth Balamic Vinegarette Nam Bread Dippers Pasta Salad Fruit Cup Touther Salad Salad Wilth Balamic Vinegarette Nam Bread Dippers Pasta Salad Privit Cup Touther Salad Salad Wilth Balamic Vinegarette Nam Bread Dippers Pasta Salad Privit Cup Touther Salad Vinegarette Nam Bread Dippers Pasta Salad Privit Cup Touther Salad Vinegarette Nam Bread Dippers Pasta Salad Privit Cup Touther Salad Vinegarette Nam Bread Dippers Pasta Salad Privit Cup Touther Salad Vinegarette Nam Bread Dippers Pasta Salad Privit Cup Touther Salad Vinegarette Nam Bread Dippers Pasta Salad Privit Cup T