



Meals on Wheels of San Diego County

Vegetarian Lunch Menu

January 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beverage Choice: Milk or Juice <i>Menu Subject to Change</i>	*New Year's Holiday Frozen Meal Tofu with Gravy WG Macaroni & Cheese California Vegetable Blend Fruit	*MLK Day Frozen Meal Black Bean Burger Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	*1 	2 Black Bean Patty on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Fruit Cup	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 Greek Chickpea Salad with Balsamic Vinaigrette Naan Bread Dippers Mandarin Beets w/Citrus Dressing Fruit
5 Harvest Tofu Bowl* <i>*Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit	6 Hummus w/Whole Grain Crackers Beet & Onion Salad Fruit Cup	7 Black Bean Patty on Whole Wheat Bread Lettuce/Tomato/Onion Italian Cucumber Salad Fruit	8 Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	9 Cranberry Pecan White Bean Salad on Brioche Roll Tuscany Vegetable Salad Tropical Fruit	10 Egg Salad Honey Lime Corn Salad Whole Grain Blueberry Muffin Fruit	11 Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Wheat Roll Fruit Cup
12 Greek Chickpea Salad with Balsamic Vinaigrette Black Bean & Rice Salad Whole Grain Corn Muffin Fruit Cup	13 Black Bean Taco Salad* <i>*Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fruit	14 Mediterranean Tofu Quinoa Bowl* <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit	15 Cranberry Pecan White Bean Salad Blueberry Muffin Coleslaw Fruit Cup	16 Deviled Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Fruit Cup	17 Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	18 Pesto Black Bean Patty Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit
19 	20 Deviled Egg Salad w/Whole Grain Crackers Carrot Raisin Salad Fruit	21 Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Blueberry Muffin Fruit	22 Black Bean Patty on Kaiser Roll Lettuce/Tomato/Onion Three Bean Salad Fruit	23 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	24 Greek Chickpea Salad with Balsamic Vinaigrette Italian Cucumber Salad Naan Bread Dippers Fruit	25 French Bistro Bean Salad* <i>*Northern Beans, Red Onion, Parsley, Corn, and a French Dressing</i> Venetian Pasta Salad Whole Grain Breadstick Fruit Cup
26 Mediterranean Tofu Quinoa Bowl* <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit	27 Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	28 Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Fruit Cup	29 Cranberry Pecan White Bean Salad on Brioche Roll Coleslaw Fruit Cup	30 Greek Chickpea Salad with Balsamic Vinaigrette Naan Bread Dippers Pasta Salad Fruit Cup	31 Black Bean Patty on Whole Wheat Bread Lettuce/Tomato/Onion Black-Eyed Pea Salad Fruit Cup	