



Meals on Wheels of San Diego County

Fresh Vegetarian Lunch Menu

February 2026



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