



Meals on Wheels of San Diego County

Fresh Vegetarian Lunch Menu

February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						Chef Salad with Tofu with Ranch Dressing Three Bean Salad Whole Wheat Roll Fruit
Hummus w/Whole Grain Crackers Italian Cucumber Salad Fruit	Chickpea Caesar Salad with Caesar Dressing Coleslaw Whole Grain Breadstick Fruit	Greek Chickpea Salad with Balsamic Vinaigrette Venetian Pasta Salad Whole Grain Breadstick Fruit	Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit Cup	Black Bean Reuben Sandwich on Rye Bread* <i>*Black Bean Patty, Sauerkraut, Swiss, and Thousand Island</i> Coleslaw Fruit Cup	Egg Salad on Whole Wheat Bread Broccoli Raisin Salad Fruit Cup	Harvest Tofu Bowl* <i>*Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit
Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit Cup	Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Crackers Fruit Cup	Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	Cranberry Pecan White Bean Salad Coleslaw Whole Grain Corn Muffin Fruit	Black Bean Patty on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Fruit	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	Greek Chickpea Salad with Balsamic Vinaigrette Naan Bread Dippers Mandarin Beets w/Citrus Dressing Fruit
Harvest Tofu Bowl* <i>*Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit	Hummus w/Whole Grain Crackers Beet & Onion Salad Fruit Cup	Black Bean Patty on Whole Wheat Bread Lettuce/Tomato/Onion Italian Cucumber Salad Fruit Cup	Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	Cranberry Pecan White Bean Salad on Brioche Roll Tuscan Vegetable Salad Fruit Cup	Egg Salad Honey Lime Corn Salad Whole Grain Blueberry Muffin Fruit	Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Wheat Roll Fruit Cup
Greek Chickpea Salad with Balsamic Vinaigrette Black Bean & Rice Salad Whole Grain Corn Muffin Fruit Cup	Black Bean Taco Salad* <i>*Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fruit	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	Cranberry Pecan White Bean Salad Blueberry Muffin Coleslaw Fruit Cup	Deviled Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Fruit Cup	Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	Beverage Choice: Milk, or Juice. Menu Subject to Change