



Meals on Wheels of San Diego County

Fresh Vegetarian Lunch Menu

March 2026



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