

## Meals on Wheels San Diego County

### Fresh Vegetarian Lunch Menu

April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Beverage of Choice:</b> Milk or Juice <b>Menu Subject to Change</b></p>		<p>1 Black Bean Patty on Whole Wheat Bread Lettuce/Tomato/Onion Italian Cucumber Salad Fresh Pear</p>	<p>2 Tofu &amp; Pineapple Farro Bowl* Mixed Fruit</p>	<p>3 Cranberry Pecan White Bean Salad on Brioche Roll Tuscany Vegetable Salad Tropical Fruit</p>	<p>4 Egg Salad Honey Lime Corn Salad Whole Grain Blueberry Muffin Fresh Orange</p>	<p>5 Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Wheat Roll Fresh Apple</p>
<p>6 Cottage Cheese and Fruit Salad Pineapple Slaw Brioche Roll Fresh Apple</p>	<p>7 Chickpea Salad Croissant Confetti Coleslaw Mixed Fruit</p>	<p>8 <i>New!</i> Dill Egg Salad Whole Wheat Bread(2) Carrot Raisin Salad Mandarin Oranges</p>	<p>9 Lemon Pepper Chickpea Salad WW Pita Pocket Three Bean Salad Fresh Orange</p>	<p>10 <i>New!</i> Mediterranean Lentil Salad over Greens Mandarin Beet Salad Whole Wheat Roll Pineapple Tidbits</p>	<p>11 <i>New!</i> Pasta Salad with Beans Marinated Green Bean &amp; Tomato Sal WG Garlic Breadstick Diced Peaches</p>	<p>12 Tofu Harvest Bowl Saltine Crackers Fresh Pear</p>
<p>13 <i>New!</i> Black Bean and Corn Salad Lettuce, Tomatoes, &amp; Onion Green Salad Kaiser Roll Pineapple Tidbits Ranch Dressing</p>	<p>14 Cranberry Pecan White Bean Salad Cucumber Salad Whole Wheat Roll Mandarin Oranges</p>	<p>15 <i>New!</i> Chickpea Caesar Salad Wrap Copper Penny Salad Diced Pears Garlic Herb Tortilla</p>	<p>16 <i>New!</i> Aztec Couscous Salad Salad Greens Carrot Slaw Whole Wheat Roll Fresh Orange Balsamic Vinaigrette Dressing</p>	<p>17 <i>New!</i> Venetian Pasta Salad over Greens Cucumber and Tomato Salad Saltine Crackers Fresh Apple</p>	<p>18 Egg Salad Brioche Roll Lettuce, Tomatoes, &amp; Onion Lemon Dijon Carrot Salad Fresh Pear</p>	<p>19 Vegetarian Black Bean Burger Swiss Cheese Let/Tom/Onion Coleslaw Rye Bread Mixed Fruit Spicy Brown Mustard</p>
<p>20 Hummus Feta Cheese Lettuce, Tomatoes, &amp; Onion WW Pita Pocket Apple Slaw Fresh Pear</p>	<p>21 Deviled Egg Salad Lettuce, Tomatoes, &amp; Onion Green Pea Salad Kaiser Roll Mandarin Oranges</p>	<p>22 <i>New!</i> Baja Bean Salad Cilantro Slaw WG Totilla Chips Pineapple Tidbits</p>	<p>23 Chickpea Caesar Salad Caesar Sld Dressing Mediterranean Lentil Salad Garlic Texas Bread Fresh Orange</p>	<p>24 <i>New!</i> Italian Pasta Salad Marinated California Salad WG Garlic Breadstick Mixed Fruit</p>	<p>25 Cottage Cheese and Fruit Salad <i>New!</i> Bayou Coleslaw Pumpnickle Bread Fresh Apple</p>	<p>26 <i>New!</i> Vegetarian Caprese Style Sandwich Brioche Roll Three Bean Salad Diced Peaches</p>
<p>27 Chef Salad with Tofu Ranch Salad Dressing Honey Lime Corn Salad WG Garlic Breadstick Fresh Orange</p>	<p>28 <i>New!</i> Black Bean Taco Salad Ranch Salad Dressing Marinated Green Bean Salad Saltine Crackers Fresh Apple</p>	<p>29 <i>New!</i> Tarragon &amp; Peppers Egg Sala Croissant Beet Salad Fresh Apple</p>	<p>30 White Bean Salad Lettuce, Tomatoes, &amp; Onion Ciabatta Roll Lemon Dijon Carrot Salad Pineapple Tidbits</p>			