



Meals on Wheels San Diego County

Fresh Vegetarian Menu

May 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beverage Choice: Milk or Juice <i>Menu Subject to Change</i>				<i>New!</i> Garden Salad (Beans) w/Cranberry and Almonds Ranch Salad Dressing Green Pea Salad Diced Peaches	French Bistro Bean Salad Lettuce, Tomatoes, & Onion Pumpnickle Brd (2) Mandarin Beet Salad Mixed Fruit	Cranberry Pecan White Bean Salad Lettuce, Tomatoes, & Onion Kaiser Roll Coleslaw Fresh Orange
Tofu & Pineapple Farro Bowl* Pineapple Tidbits	Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Crackers Raisins	Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fresh Apple	Cranberry Pecan White Bean Salad Coleslaw Whole Grain Corn Muffin Fresh Pear	Black Bean Patty on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Mandarin Oranges	Mediterranean Tofu Quinoa Bowl* Applesauce	Greek Chickpea Salad with Balsamic Vinegarette Naan Bread Dippers Mandarin Beets w/Citrus Dressing Diced Peaches
Greek Chickpea Salad with Balsamic Vinegarette Black Bean & Rice Salad Whole Grain Corn Muffin Mixed Fruit	Black Bean Taco Salad* Whole Grain Tortilla Chips Fresh Pear	Mediterranean Tofu Quinoa Bowl* Pineapple Tidbits	Cranberry Pecan White Bean Salad Blueberry Muffin Coleslaw Fresh Orange	Deviled Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Applesauce	Tofu & Pineapple Farro Bowl* Diced Pears	Pesto Black Bean Patty Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fresh Apple
Cottage Cheese and Fruit Salad Pineapple Slaw Brioche Roll Fresh Apple	Chickpea Salad Croissant Confetti Coleslaw Mixed Fruit	<i>New!</i> Dill Egg Salad Whole Wheat Bread(2) Carrot Raisin Salad Mandarin Oranges	Lemon Pepper Chickpea Salad WW Pita Pocket Three Bean Salad Fresh Orange	<i>New!</i> Mediterranean Lentil Salad over Greens Mandarin Beet Salad Whole Wheat Roll Mixed Fruit	<i>New!</i> Pasta Salad with Beans arinated Green Bean & Tomato Sal WG Garlic Breadstick Diced Peaches	Tofu Harvest Bowl Saltine Crackers Fresh Pear
Hoppin John Whipped Potatoes Capri Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	Cranberry Pecan White Bean Salad Cucumber Salad Whole Wheat Roll Mandarin Oranges	<i>New!</i> Chickpea Caesar Salad Wrap Copper Penny Salad Diced Pears Garlic Herb Tortilla	<i>New!</i> Aztec Couscous Salad Salad Greens Carrot Slaw Whole Wheat Roll Fresh Orange Balsamic Vinaigrette Dressing	<i>New!</i> Venetian Pasta Salad over Greens Cucumber and Tomato Salad Saltine Crackers Fresh Apple	Egg Salad Brioche Roll Lettuce, Tomatoes, & Onion Lemon Dijon Carrot Salad Fresh Pear	Vegetarian Black Bean Burger Swiss Cheese Let/Tom/Onion Coleslaw Rye Bread Mixed Fruit Spicy Brown Mustard