



# Meals on Wheels San Diego County

## Fresh Vegetarian Lunch Menu

### June 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p>Hummus Feta Cheese Lettuce, Tomatoes, &amp; Onion WW Pita Pocket Apple Slaw Fresh Pear</p>	<p>2</p> <p>Deviled Egg Salad Lettuce, Tomatoes, &amp; Onion Green Pea Salad Kaiser Roll Mandarin Oranges</p>	<p>3</p> <p><i>New!</i> Baja Bean Salad Cilantro Slaw WG Totilla Chips Pineapple Tidbits</p>	<p>4</p> <p>Chickpea Caesar Salad Caesar Sld Dressing Mediterranean Lentil Salad Garlic Texas Bread Fresh Orange</p>	<p>5</p> <p><i>New!</i> Italian Pasta Salad Marinated California Salad WG Garlic Breadstick Mixed Fruit</p>	<p>6</p> <p>Cottage Cheese and Fruit Salad <i>New!</i> Bayou Coleslaw Pumpernickle Bread Fresh Apple</p>	<p>7</p> <p><i>New!</i> Vegetarian Caprese Style Sandwich Brioche Roll Three Bean Salad Diced Peaches</p>
<p>8</p> <p>Chef Salad with Tofu Ranch Salad Dressing Honey Lime Corn Salad WG Garlic Breadstick Fresh Orange</p>	<p>9</p> <p><i>New!</i> Black Bean Taco Salad Ranch Salad Dressing Marinated Green Bean Salad Saltine Crackers Fresh Apple</p>	<p>10</p> <p><i>New!</i> Tarragon &amp; Peppers Egg Sala Croissant Beet Salad Fresh Apple</p>	<p>11</p> <p>White Bean Salad Lettuce, Tomatoes, &amp; Onion Ciabatta Roll Lemon Dijon Carrot Salad Pineapple Tidbits</p>	<p>12</p> <p><i>New!</i> Garden Salad (Beans) w/Cranberry and Almonds Ranch Salad Dressing Green Pea Salad Diced Peaches</p>	<p>13</p> <p>French Bistro Bean Salad Lettuce, Tomatoes, &amp; Onion Pumpernickle Brd (2) Mandarin Beet Salad Mixed Fruit</p>	<p>14</p> <p>Cranberry Pecan White Bean Salad Lettuce, Tomatoes, &amp; Onion Kaiser Roll Coleslaw Fresh Orange</p>
<p>15</p> <p>Tofu &amp; Pineapple Farro Bowl* Pineapple Tidbits</p>	<p>16</p> <p>Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Crackers Diced Pears</p>	<p>17</p> <p>Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fresh Apple</p>	<p>18</p> <p>Cranberry Pecan White Bean Salad Coleslaw Whole Grain Corn Muffin Fresh Pear</p>	<p>19</p> <p>Black Bean Patty on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Pineapple Tidbits</p>	<p>20</p> <p>Mediterranean Tofu Quinoa Bowl* Applesauce</p>	<p>21</p> <p>Greek Chickpea Salad with Balsamic Vinegarette Naan Bread Dippers Mandarin Beets w/Citrus Dressing Diced Peaches</p>
<p>22</p> <p>Greek Chickpea Salad with Balsamic Vinegarette Black Bean &amp; Rice Salad Whole Grain Corn Muffin Mixed Fruit</p>	<p>23</p> <p>Black Bean Taco Salad* Whole Grain Tortilla Chips Fresh Pear</p>	<p>24</p> <p>Mediterranean Tofu Quinoa Bowl* Pineapple Tidbits</p>	<p>25</p> <p>Cranberry Pecan White Bean Salad Blueberry Muffin Coleslaw Fresh Orange</p>	<p>26</p> <p>Deviled Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Applesauce</p>	<p>27</p> <p>Tofu &amp; Pineapple Farro Bowl* Diced Pears</p>	<p>28</p> <p>Pesto Black Bean Patty Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fresh Apple</p>
<p>29</p> <p>Cottage Cheese and Fruit Salad Pineapple Slaw Brioche Roll Fresh Apple</p>	<p>30</p> <p>Chickpea Salad Croissant Confetti Coleslaw Mixed Fruit</p>					<p><b><u>Beverage Choice:</u></b> Milk or Juice</p> <p><b><i>Menu Subject to Change</i></b></p>