

Meals on Wheels San Diego County

Fresh Lunch Vegetarian Menu

July 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change	Beverage of Choice: Milk or Juice	1 Dill Egg Salad Whole Wheat Bread(2) Carrot Raisin Salad Mandarin Oranges <i>New!</i>	2 Lemon Pepper Chickpea Salad WW Pita Pocket Three Bean Salad Fresh Orange	3 Mediterranean Lentil Salad over Greens Mandarin Beet Salad Whole Wheat Roll Mixed Fruit <i>New!</i>	4 Pasta Salad with Beans Marinated Green Bean & Tomato Salad WG Garlic Breadstick Diced Peaches <i>New!</i>	5 Tofu Harvest Bowl Saltine Crackers Fresh Pear
6 Black Bean and Corn Salad Lettuce, Tomatoes, & Onion Green Salad Kaiser Roll Pineapple Tidbits Ranch Dressing <i>New!</i>	7 Cranberry Pecan White Bean Salad Cucumber Salad Whole Wheat Roll Mandarin Oranges	8 Chickpea Caesar Salad Wrap Copper Penny Salad Diced Pears Garlic Herb Tortilla <i>New!</i>	9 Aztec Couscous Salad Salad Greens Carrot Slaw Whole Wheat Roll Fresh Orange Balsamic Dressing <i>New!</i>	10 Venetian Pasta Salad over Greens Cucumber and Tomato Salad Saltine Crackers Fresh Apple <i>New!</i>	11 Egg Salad Brioche Roll Lettuce, Tomatoes, & Onion Lemon Dijon Carrot Salad Fresh Pear	12 Vegetarian Black Bean Burger Swiss Cheese Let/T om /Onion Coleslaw Rye Bread Mixed Fruit Spicy Brown Mustard
13 Hummus Feta Cheese Lettuce, Tomatoes, & Onion WW Pita Pocket Apple Slaw Fresh Pear	14 Deviled Egg Salad Lettuce, Tomatoes, & Onion Green Pea Salad Kaiser Roll Mandarin Oranges	15 Baja Bean Salad Cilantro Slaw WG Totilla Chips Pineapple Tidbits <i>New!</i>	16 Chickpea Caesar Salad Caesar Sld Dressing Mediterranean Lentil Salad Garlic Texas Bread Fresh Orange	17 Italian Pasta Salad Marinated California Salad WG Garlic Breadstick Mixed Fruit <i>New!</i>	18 Cottage Cheese and Fruit Salad Bayou Coleslaw Pumpnickle Bread Fresh Apple <i>New!</i>	19 Vegetarian Caprese Style Sandwich Brioche Roll Three Bean Salad Diced Peaches <i>New!</i>
20 Chef Salad with Tofu Ranch Salad Dressing Honey Lime Corn Salad WG Garlic Breadstick Fresh Orange	21 Black Bean Taco Salad Ranch Salad Dressing Marinated Green Bean Salad Saltine Crackers Fresh Apple <i>New!</i>	22 Tarragon & Peppers Egg Salad Croissant Beet Salad Fresh Apple <i>New!</i>	23 White Bean Salad Lettuce, Tomatoes, & Onion Ciabatta Roll Lemon Dijon Carrot Salad Pineapple Tidbits	24 Garden Salad (Beans) w/Cranberry and Almonds Ranch Salad Dressing Green Pea Salad Diced Peaches <i>New!</i>	25 French Bistro Bean Salad Lettuce, Tomatoes, & Onion Pumpnickle Brd (2) Mandarin Beet Salad Mixed Fruit	26 Cranberry Pecan White Bean Salad Lettuce, Tomatoes, & Onion Kaiser Roll Coleslaw Fresh Orange
27 Tofu & Pineapple Farro Bowl* Pineapple Tidbits	28 Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Crackers Diced Pears	29 Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fresh Apple	30 Cranberry Pecan White Bean Salad Coleslaw Whole Grain Corn Muffin Fresh Pear	31 Black Bean Patty on Whole Grain Bun Lettuce/T om ato/Onion Potato Salad Fresh Orange		