

Meals on Wheels San Diego County

Fresh Vegetarian Lunch Menu

August 2026



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