

Meals on Wheels San Diego County			Vegetarian Lunch			October 2023	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Beverage choice: milk, soymilk, juice, or bottled water. Menu subject to change.						1 Veggie Pesto Sandwich Pepper/Bean Cup Fruit Cookie	
2 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	3 Caesar Salad w/Tofu 3-Bean Salad Fruit Cookie	4 Veggie Sub Sandwich Baby Carrots Fruit Carrot Muffin	5 Southwest Salad w/Black Beans Celery Parsley Cup Fruit	6 Asian Slaw with Teriyaki Tofu Strips Jicama & Cucumber Fruit Muffin	7 Chickpea Salad Sand 3-Bean Salad Stone Fruit Cookie	8 Cheese Sandwich with Hummus Veggie Blend Cup Fruit Cookie	
9 Soup of the Day & 1/2 sandwich Blk Bean Corn Salad Fruit	10 Asian Noodle Veggie Bowl w/Tofu Beet Cup Fruit Cookie	11 Mediterranean Sandwich Carrot Raisin Salad Fruit Muffin	12 Barley Kale Bowl with White Beans Potato Salad Fruit Cookie	13 Orange Tofu with Udon Noodles and Edamame Jicama/Cucumber Fruit	14 Chickpea Salad Sandwich Confetti Broccoli Fruit Cookie	15 Veggie Pesto Sand. Pepper/Bean Cup Fruit Muffin	
16 Soup of the Day 1/2 Egg Salad Sand. Zucchini Cup Fruit	17 Harvest Salad Carrots Fruit Cookie	18 Asian Slaw with Teriyaki Tofu Strips Jicama & Cucumber Fruit Muffin	19 Lentil Sloppy Joe Veggie Blend Cup Fruit Muffin	20 Pasta with Assorted Beans Beet Cup Fruit Cookie	21 Chickpea Salad Sand. Carrot Raisin Salad Fruit Muffin	22 Vegetarian Nutloaf Sandwich Mexican Macaroni Fruit Cookie	
23 Chef's Choice Soup and Salad w/ Chickpeas Fruit	24 Asian Noodle Veggie Bowl w/Tofu Beet Cup Fruit Cookie	25 Cheese Cucumber Club Sandwich 3-Bean Salad Fruit Cookie	26 Chickpea Salad Sand. Cuke & Tomato Cup Fruit Muffin	27 Soup of the Day 1/2 Mediterranean Sandwich Cucumber & Jicama Fruit	28 Lentil Sloppy Joe Potato Salad Fruit Muffin	29 Cheese Sandwich with Hummus Veggie Blend Cup Fruit Peach Yogurt	
30 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	31 Chinese Tofu Salad Carrots Fruit Fortune Cookie						