Meals on Wheels San Diego County		Vegetarian Lunch			Meal Center Copy: August 2024	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage Choice: Milk, soymilk, juice, or bottled water. Menu is subject to change.			Vegan Yakisoba Noodle Bowl Tofu & Edamame Spinach & Carrots Fruit	Mediterranean Veggie & Hummus Wrap w/Cabbage Pepper & Chickpeas Fruit	Orange Ginger Tofu Bowl/Brown Rice Carrots, Cabbage, and Broccoli Fruit	Thai Red Curry Bowl w/Chickpeas Carrots, Edamame, and Broccoli Fruit
Vegan Yakisoba Noodle Bowl Tofu & Edamame Spinach & Carrots Fruit	6 Lemon Spinach Alfredo w/Edamame Steamed Broccoli Peas Fruit	7 Lemon Rice Pilaf w/Chickpeas & Edamame Broccoli Fruit	8 Cheesy Bean Burrito with Brown Rice Corn, Black Beans, and Edamame Fruit	9 Orange Ginger Tofu Bowl/Brown Rice Carrots, Cabbage, and Broccoli Fruit	Lemon Rice Pilaf w/Chickpeas & Edamame Broccoli Fruit	Vegan Yakisoba Noodle Bowl Tofu & Edamame Spinach & Carrots Fruit
Thai Red Curry Bowl w/Chickpeas Carrots, Edamame, and Broccoli Fruit	Cheesy Bean Burrito with Brown Rice Corn, Black Beans, and Edamame Fruit	Orange Ginger Tofu Bowl/Brown Rice Carrots, Cabbage, and Broccoli Fruit	Lemon Rice Pilaf w/Chickpeas & Edamame Broccoli Fruit	Lemon Spinach Alfredo w/Edamame Steamed Broccoli Peas Fruit	Broccoli Mac N' Cheese w/Edamame Broccoli and Green Onion Fruit	Vegan Yakisoba Noodle Bowl Tofu & Edamame Spinach & Carrots Fruit
19 Cheesy Bean Burrito with Brown Rice Corn, Black Beans, and Edamame Fruit	Thai Red Curry Bowl w/Chickpeas Carrots, Edamame, and Broccoli Fruit	21 Barley and Wild Rice with Roasted Tofu Tangy Coleslaw Fruit Cookie	Mediterranean Sandwich Veggie Salad w/Mint Fruit Muffin	Traditional Vegetarian Cobb Salad Fruit Cookie	24 Chickpea Salad Sand. 3-Bean Salad Fruit Muffin	Soup of the Day 1/2 Mediterranean Sandwich Cucumber & Jicama Fruit
26 Cilantro Lime Rice Bowl with Beans Baby Carots Fruit	Mediterranean Orzo Bowl with Tofu Beet Cup Fruit Cookie	Barley & Kale Bowl with Beans Potato Salad Fruit Cookie	Cheese Cucumber Sub Sandwich Tangy Coleslaw Fruit Muffin	30 Black Bean Mango Couscous Jicama & Cucumber Fruit Cookie	Chickpea Salad Sandwich Confetti Broccoli Cup Fruit Cookie	