Meals on Wheels San Diego County			Vegetarian Lunch		Meal Center Copy: September 2024	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: Milk, soymilk, juice, or bottled water. Menu subject to change.						Veggie Pesto Sandwich Pepper/Bean Cup Fruit Cookie
2 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	Caesar Salad 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 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	Asian Noodle Veggie Bowl w/Tofu Beet Cup Fruit Cookie	Mediterranean Sandwich Carrot Raisin Salad Fruit Muffin	Barley Kale Bowl with White Beans Potato Salad Fruit Cookie	Orange Tofu with Udon Noodles and Edamame Jicama/Cucumber Fruit	Chickpea Salad Sandwich Confetti Broccoli Fruit Cookie	15 Veggie Pesto Sand. Pepper/Bean Cup Fruit Muffin
Soup of the Day 1/2 Egg Salad Sand. Zucchini Cup Fruit	Harvest Salad Carrots Fruit Cookie	Asian Slaw with Teriyaki Tofu Strips Jicama & Cucumber Fruit Muffin	Lentil Sloppy Joe Veggie Blend Cup Fruit Muffin	Pasta with Assorted Beans Beet Cup Fruit Cookie	21 Chickpea Salad Sand. Carrot Raisin Salad Fruit Muffin	Vegetarian Nutloaf Sandwich Mexican Macaroni Fruit Cookie
Chef's Choice Soup and Salad w/ Chickpeas Fruit	Asian Noodle Veggie Bowl w/Tofu Beet Cup Fruit Cookie	Cheese Cucumber Club Sandwich 3-Bean Salad Fruit Cookie	26 Chickpea Salad Sand. Cuke & Tomato Cup Fruit Muffin	Soup of the Day 1/2 Mediterranean Sandwich Cucumber & Jicama Fruit	28 Lentil Sloppy Joe Potato Salad Fruit Muffin	Cheese Sandwich with Hummus Veggie Blend Cup Fruit Peach Yogurt
30 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit						