



# Meals on Wheels of San Diego County

## Fresh Vegetarian Lunch Menu

### May 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Beverage Choice:</b> Milk, Soy Milk, Juice, or Bottled Water.</p> <p><b>Menu Subject to Change</b></p>			<p><b>Mediterranean Tofu Quinoa Bowl*</b> <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i></p> <p>Fruit</p>	<p><b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i></p> <p>Lemon Dijon Carrot Salad Fruit</p>	<p><b>White Bean Salad on Pumpernickel Bread</b> Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit</p>	<p><b>Black Bean Taco Salad*</b> <i>*Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i></p> <p>Whole Grain Tortilla Chips Fruit</p>
<p><b>Tofu &amp; Pineapple Farro Bowl*</b> <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i></p> <p>Fruit</p>	<p><b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i></p> <p>Citrus Carrot Salad Fruit</p>	<p><b>Cranberry Pecan White Bean Salad on Garlic &amp; Herb Tortilla Wrap</b> Tuscany Vegetable Salad Fruit</p>	<p><b>Cottage Cheese &amp; Fruit</b> Black Bean &amp; Rice Salad Bran Raisin Muffin Fruit</p>	<p><b>Chickpea Salad on Croissant</b> Black-eyed Pea Salad Fruit</p>	<p><b>Deviled Egg Salad on Whole Wheat Bread</b> Cucumbers w/Creole Dressing Fruit</p>	<p><b>French Bistro Bean Salad</b> Venetian Pasta Salad Whole Grain Breadstick Fruit</p>
<p><b>Pesto Black Bean Patty on Ciabatta Roll</b> Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit</p>	<p><b>Lemon Pepper Chickpea Salad</b> <b>Whole Wheat Pita Bread</b> Three Bean Salad Fruit</p>	<p><b>Harvest Tofu Bowl*</b> <i>*Garlic-Herb Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i></p> <p>Fruit</p>	<p><b>Egg Salad on Brioche Roll</b> Lettuce/Tomato/Onion Lemon Dijon Carrot Salad Fruit</p>	<p><b>Cottage Cheese &amp; Fruit</b> Italian Cucumber Salad Whole Grain Blueberry Muffin Fruit</p>	<p><b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i></p> <p>Copper Pennies Fruit</p>	<p><b>Egg Salad on Croissant</b> Potato Salad Fruit</p>
<p><b>Cottage Cheese &amp; Fruit</b> Chick Pea Salad Whole Grain Blueberry Muffin Fruit</p>	<p><b>Black Bean Patty on Rye Bread</b> Lettuce/Tomato/Onion Coleslaw Fruit</p>	<p><b>Greek Salad with Dressing</b> Hummus Naan Bread Dippers Pasta Salad Fruit</p>	<p><b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i></p> <p>Apple Slaw Fruit</p>	<p><b>Jerk Tofu Bowl*</b> <i>*Jerk Tofu, Mango Salsa, Coconut Rice, and Broccoli</i></p> <p>Fruit</p>	<p><b>Black Bean Reuben Sandwich on Rye Bread*</b> <i>*Black Bean Patty, Sauerkraut, Swiss, and Thousand Island</i></p> <p>Copper Pennies Fruit</p>	<p><b>Chickpea Caesar Salad with Caesar Dressing</b> Mediterranean Lentil Salad Whole Wheat Roll Fruit</p>
<p><b>Egg Salad</b> on Sun-Dried Tomato Basil Tortilla Lettuce/Tomato/Onion Three Bean Salad Fruit</p>	<p><b>Cottage Cheese &amp; Fruit</b> Black-eyed Pea Salad Whole Grain Blueberry Muffin Fruit</p>	<p><b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i></p> <p>Italian Cucumber Salad Fruit</p>	<p><b>Chef Salad with Tofu with Ranch Dressing</b> Honey Lime Corn Salad Whole Grain Breadstick Fruit</p>	<p><b>Cottage Cheese &amp; Fruit</b> Venetian Pasta Salad Wheat Roll Fruit</p>	<p><b>Egg Salad on Croissant</b> Beet Salad Fruit</p>	