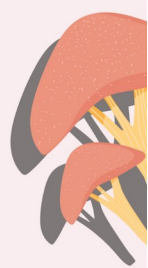




Meals on Wheels of San Diego County
Fresh Vegetarian Lunch Menu
July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Beverage Choice: Milk, Soy Milk, Juice, or Bottled Water. Menu Subject to Change	2 Egg Salad on Croissant Beet Salad Fruit	3 Mediterranean Tofu Quinoa Bowl* <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit	4 Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Lemon Dijon Carrot Salad Fruit	5 White Bean Salad on Pumpernickel Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit	6 Black Bean Taco Salad* <i>*Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fruit	7 Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit
8 Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Citrus Carrot Salad Fruit	9 Cranberry Pecan White Bean Salad on Garlic & Herb Tortilla Wrap Tuscany Vegetable Salad Fruit	10 Cottage Cheese & Fruit Black Bean & Rice Salad Bran Raisin Muffin Fruit	11 Chickpea Salad on Croissant Black-eyed Pea Salad Fruit	12 Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	13 French Bistro Bean Salad Venetian Pasta Salad Whole Grain Breadstick Fruit	14 Pesto Black Bean Patty on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit
15 Lemon Pepper Chickpea Salad Whole Wheat Pita Bread Three Bean Salad Fruit	16 Harvest Tofu Bowl* <i>*Garlic-Herb Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit	17 Egg Salad on Brioche Roll Lemon Dijon Carrot Salad Fruit	18 Cottage Cheese & Fruit Italian Cucumber Salad Whole Grain Blueberry Muffin Fruit	19 Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Copper Pennies Fruit	20 Egg Salad on Croissant Potato Salad Fruit	21 Cottage Cheese & Fruit Chick Pea Salad Whole Grain Blueberry Muffin Fruit
22 Black Bean Patty on Rye Bread Lettuce/Tomato/Onion Coleslaw Fruit	23 Greek Salad with Dressing Hummus Naan Bread Dippers Pasta Salad Fruit	24 Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Apple Slaw Fruit	25 Jerk Tofu Bowl* <i>*Jerk Tofu, Mango Salsa, Coconut Rice, and Broccoli</i> Fruit	26 Black Bean Reuben Sandwich on Rye Bread* <i>*Black Bean Patty, Sauerkraut, Swiss, and Thousand Island</i> Copper Pennies Fruit	27 Chickpea Caesar Salad with Caesar Dressing Mediterranean Lentil Salad Whole Wheat Roll Fruit	28 Egg Salad on Sun-Dried Tomato Basil Tortilla Lettuce/Tomato/Onion Three Bean Salad Fruit
29 Cottage Cheese & Fruit Black-eyed Pea Salad Whole Grain Blueberry Muffin Fruit	30 Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Italian Cucumber Salad Fruit	31 Chef Salad with Tofu with Ranch Dressing Honey Lime Corn Salad Whole Grain Breadstick Fruit	32 Cottage Cheese & Fruit Venetian Pasta Salad Wheat Roll Fruit			