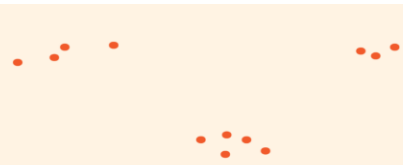




Meals on Wheels of San Diego County

Vegetarian Menu

March 2025



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