


# Meals on Wheels of San Diego County

## Fresh Vegetarian Lunch Menu

### June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Beverage Choice:</b> Milk or Juice  <i>Menu Subject to Change</i>						<sup>1</sup> <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>  Fruit
<sup>2</sup> <b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Lemon Dijon Carrot Salad Fruit	<sup>3</sup> <b>White Bean Salad on Pumpernickel Bread</b> Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit	<sup>4</sup> <b>Black Bean Taco Salad*</b> <i>*Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fruit	<sup>5</sup> <b>Tofu &amp; Pineapple Farro Bowl*</b> <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit	<sup>6</sup> <b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Citrus Carrot Salad Fruit	<sup>7</sup> <b>Cranberry Pecan White Bean Salad on Garlic &amp; Herb Tortilla Wrap</b> Tuscany Vegetable Salad Fruit	<sup>8</sup> <b>Cottage Cheese &amp; Fruit</b> Black Bean & Rice Salad Bran Raisin Muffin Fruit
<sup>9</sup> <b>Chickpea Salad on Croissant</b> Black-eyed Pea Salad Fruit	<sup>10</sup> <b>Deviled Egg Salad on Whole Wheat Bread</b> Cucumbers w/Creole Dressing Fruit	<sup>11</sup> <b>French Bistro Bean Salad</b> Venetian Pasta Salad Whole Grain Breadstick Fruit	<sup>12</sup> <b>Pesto Black Bean Patty on Ciabatta Roll</b> Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit	<sup>13</sup> <b>Lemon Pepper Chickpea Salad Whole Wheat Pita Bread</b> Three Bean Salad Fruit	<sup>14</sup> <b>Harvest Tofu Bowl*</b> <i>*Garlic-Herb Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit	<sup>15</sup> <b>Egg Salad on Brioche Roll</b> Lettuce/Tomato/Onion Lemon Dijon Carrot Salad Fruit
<sup>16</sup> <b>Cottage Cheese &amp; Fruit</b> Italian Cucumber Salad Whole Grain Blueberry Muffin Fruit	<sup>17</sup> <b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Copper Pennies Fruit	<sup>18</sup> <b>Egg Salad on Croissant</b> Potato Salad Fruit	<sup>19</sup> <b>*Juneteenth</b> 	<sup>20</sup> <b>Black Bean Patty on Rye Bread</b> Lettuce/Tomato/Onion Coleslaw Fruit	<sup>21</sup> <b>Greek Salad with Dressing</b> Hummus Naan Bread Dippers Pasta Salad Fruit	<sup>22</sup> <b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Apple Slaw Fruit
<sup>23</sup> <b>Jerk Tofu Bowl*</b> <i>*Jerk Tofu, Mango Salsa, Coconut Rice, and Broccoli</i> Fruit	<sup>24</sup> <b>Black Bean Reuben Sandwich on Rye Bread*</b> <i>*Black Bean Patty, Sauerkraut, Swiss, and Thousand Island</i> Copper Pennies Fruit	<sup>25</sup> <b>Chickpea Caesar Salad with Caesar Dressing</b> Mediterranean Lentil Salad Whole Wheat Roll Fruit	<sup>26</sup> <b>Egg Salad on Sun-Dried Tomato Basil Tortilla</b> Lettuce/Tomato/Onion Three Bean Salad Fruit	<sup>27</sup> <b>Cottage Cheese &amp; Fruit</b> Black-eyed Pea Salad Whole Grain Blueberry Muffin Fruit	<sup>28</sup> <b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Italian Cucumber Salad Fruit	<sup>29</sup> <b>Chef Salad with Tofu with Ranch Dressing</b> Honey Lime Corn Salad Whole Grain Breadstick Fruit
<sup>30</sup> <b>Cottage Cheese &amp; Fruit</b> Venetian Pasta Salad Wheat Roll Fruit	<b>* We will be closed on Juneteenth (Thursday, June 19).</b> Meals typically delivered on that day will be delivered ahead of the holiday.		<b>*Holiday Meal</b> Plant-Based Bruschetta Chicken Whole Grain Au Gratin Rotini Green Beans Diced Peaches			