

Meals on Wheels of San Diego County

Vegetarian Lunch Menu

July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beverage Choice: Milk or Juice <i>Menu Subject to Change</i>	Egg Salad on Croissant Beet Salad Fruit	Mediterranean Tofu Quinoa Bowl* <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit	Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Lemon Dijon Carrot Salad Fruit	*Independence Day 	Black Bean Taco Salad* <i>*Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fruit	Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit
Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Citrus Carrot Salad Fruit	Cranberry Pecan White Bean Salad on Garlic & Herb Tortilla Wrap Tuscany Vegetable Salad Fruit	Cottage Cheese & Fruit Black Bean & Rice Salad Bran Raisin Muffin Fruit	Chickpea Salad on Croissant Black-eyed Pea Salad Fruit	Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	French Bistro Bean Salad Venetian Pasta Salad Whole Grain Breadstick Fruit	Pesto Black Bean Patty on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit
Lemon Pepper Chickpea Salad Whole Wheat Pita Bread Three Bean Salad Fruit	Harvest Tofu Bowl* <i>*Garlic-Herb Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit	Egg Salad on Brioche Roll Lemon Dijon Carrot Salad Fruit	Cottage Cheese & Fruit Italian Cucumber Salad Whole Grain Blueberry Muffin Fruit	Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Copper Pennies Fruit	Egg Salad on Croissant Potato Salad Fruit	Cottage Cheese & Fruit Chick Pea Salad Whole Grain Blueberry Muffin Fruit
Black Bean Patty on Rye Bread Lettuce/Tomato/Onion Coleslaw Fruit	Greek Salad with Dressing Hummus Naan Bread Dippers Pasta Salad Fruit	Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Apple Slaw Fruit	Jerk Tofu Bowl* <i>*Jerk Tofu, Mango Salsa, Coconut Rice, and Broccoli</i> Fruit	Black Bean Reuben Sandwich on Rye Bread* <i>*Black Bean Patty, Sauerkraut, Swiss, and Thousand Island</i> Copper Pennies Fruit	Chickpea Caesar Salad with Caesar Dressing Mediterranean Lentil Salad Whole Wheat Roll Fruit	Egg Salad on Sun-Dried Tomato Basil Tortilla Lettuce/Tomato/Onion Three Bean Salad Fruit
Cottage Cheese & Fruit Black-eyed Pea Salad Whole Grain Blueberry Muffin Fruit	Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Italian Cucumber Salad Fruit	Chef Salad with Tofu with Ranch Dressing Honey Lime Corn Salad Whole Grain Breadstick Fruit	Cottage Cheese & Fruit Venetian Pasta Salad Wheat Roll Fruit	* We will be closed on Independence Day (Friday, July 4). Meals typically delivered on that day will be delivered ahead of the holiday.		