



Meals on Wheels San Diego County

Fresh Vegetarian Lunch Menu

September 2026



	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change	New! Black Bean Taco ¹ Salad Ranch Salad Dressing Marinated Green Bean Salad Saltine Crackers Fresh Apple	Tarragon & Peppers ² Egg Salad Croissant Beet Salad Fresh Apple New!	White Bean Salad ³ Lettuce, Tomatoes, & Onion Ciabatta Roll Lemon Dijon Carrot Salad Pineapple Tidbits	Garden Salad (Beans) ⁴ w/Cranberry and New! Almonds Ranch Salad Dressing Green Pea Salad Diced Peaches	French Bistro Bean ⁵ Salad Lettuce, Tomatoes, & Onion Pumpkin Brd (2) Mandarin Beet Salad Mixed Fruit	Cranberry Pecan White ⁶ Bean Salad Lettuce, Tomatoes, & Onion Kaiser Roll Coleslaw Fresh Orange
Labor Day ⁷ Pasta Primavera Glazed Carrots Tuscany Vegetables Fruit Cup	⁸ Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Crackers Diced Pears	⁹ Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fresh Apple	¹⁰ Cranberry Pecan White Bean Salad Coleslaw Whole Grain Corn Muffin Fresh Pear	¹¹ Black Bean Patty on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Fresh Orange	¹² Mediterranean Tofu Quinoa Bowl Applesauce	¹³ Greek Chickpea Salad with Balsamic Vinaigrette Naan Bread Dippers Mandarin Beets w/Citrus Dressing Diced Peaches
¹⁴ Greek Chickpea Salad with Balsamic Vinaigrette Black Bean & Rice Salad Whole Grain Corn Muffin Mixed Fruit	¹⁵ Black Bean Taco Salad Whole Grain Tortilla Chips Fresh Pear	¹⁶ Mediterranean Tofu Quinoa Bowl Pineapple Tidbits	¹⁷ Cranberry Pecan White Bean Salad Blueberry Muffin Coleslaw Fresh Orange	¹⁸ Deviled Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Applesauce	¹⁹ Tofu & Pineapple Farro Bowl Diced Pears	²⁰ Pesto Black Bean Patty Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fresh Apple
²¹ Cottage Cheese and Fruit Salad Pineapple Slaw Brioche Roll Fresh Apple	²² Chickpea Salad Croissant Confetti Coleslaw Mixed Fruit	²³ New! Dill Egg Salad Whole Wheat Bread(2) Carrot Raisin Salad Mandarin Oranges	²⁴ Lemon Pepper Chickpea Salad WW Pita Pocket Three Bean Salad Fresh Orange	²⁵ Mediterranean Lentil Salad over Greens Mandarin Beet Salad Whole Wheat Roll Pineapple Tidbits New!	²⁶ New! Pasta Salad w/Beans Marinated Green Bean & Tomato Salad WG Garlic Breadstick Diced Peaches	²⁷ Tofu Harvest Bowl Saltine Crackers Fresh Pear
²⁸ Black Bean and Corn Salad Lettuce, Tomatoes, & Onion Green Salad Kaiser Roll Pineapple Tidbits Ranch Dressing New!	²⁹ Cranberry Pecan White Bean Salad Cucumber Salad Whole Wheat Roll Mandarin Oranges	³⁰ Chickpea Caesar Salad Wrap New! Copper Penny Salad Diced Pears Garlic Herb Tortilla			Beverage of Choice: Milk or Juice	