

Meals on Wheels San Diego County

Fresh Vegetarian Menu

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change						1 *Black Bean Patty* *on Kaiser Roll* *Lettuce/Tomato/Onion* *Three Bean Salad* *Fruit* *Mayo & Mustard*
2 *Lemon Pepper Chickpea Salad* *Whole Grain Pita* *Beet Salad* *Fruit*	3 *New!* *Cranberry White Bean Salad* *on Brioche Roll* *Coleslaw* *Fruit*	4 *Tarragon Egg Salad* *on Whole Wheat Bread* *Mixed Green Salad w/Dressing* *Fruit*	5 *Hummus Wrap* *Cucumber & Tomato Salad* *Fruit*	6 *Lentil Mediterranean Salad* *Naan Bread Dippers* *Pasta Salad* *Raisins*	7 *Black Bean Patty* *on Whole Wheat Bun* *Lettuce/Tomato/Onion* *Green Pea Salad* *Fruit* *Mayo & Mustard*	8 *Caprese Style Sandwich* *on Kaiser Roll* *Waldorf Salad* *Fruit* *Mayo & Mustard*
9 *Hummus* *w/Whole Grain Crackers* *Italian Cucumber Salad* *Fruit*	10 *Egg Salad* *on Whole Wheat Bread* *Broccoli Raisin Salad* *Fruit*	11 *Mashed Chickpea Salad* *on Whole Wheat Bread* *Venetian Pasta Salad* *Fruit*	12 *Chickpea Caesar Salad* *with Caesar Dressing* *Coleslaw* *Whole Grain Breadstick* *Fruit*	13 *Black Bean and Corn Salad* *w/Whole Grain Crackers* *Lemon Dijon Rainbow Carrot Salad* *Fruit*	14 *Black Bean Reuben Sandwich* *on Rye Bread** **Black Bean Patty, Sauerkraut, Swiss, and Thousand Island* *Coleslaw* *Fruit*	15 *Chickpea Salad* *on Kaiser Roll* *Potato Salad* *Fruit*
16 *Hummus* *Lentil Mediterranean Salad* *Naan Bread Dippers* *Fruit*	17 *Chef Salad with Tofu* *with Ranch Dressing* *Chickpea Salad* *Whole Grain Crackers* *Fruit*	18 *Deviled Egg Salad* *on Whole Wheat Bread* *Cucumbers w/Creole Dressing* *Fruit*	19 *Cranberry Pecan* *White Bean Salad* *Coleslaw* *Whole Grain Corn Muffin* *Fruit*	20 *Mediterranean Tofu* *Quinoa Bowl** **Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt* *Raisins*	21 *Black Bean Patty* *on Whole Grain Bun* *Lettuce/Tomato/Onion* *Carrot Raisin Salad* *Fruit* *Mayo & Mustard*	22 *Greek Chickpea Salad* *with Balsamic Vinegarette* *Naan Bread Dippers* *Mandarin Beets w/Citrus Dressing* *Fruit*
23 *New!* *Southwest Black Bean Wrap* *Fruit*	24 *Tofu & Pineapple Farro Bowl** **Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, and Vinaigrette* *Fruit*	25 *Black Bean Patty* *on Whole Wheat Bread* *Lettuce/Tomato/Onion* *Italian Cucumber Salad* *Fruit* *Mayo & Mustard*	26 *Hummus* *w/Whole Grain Crackers* *Beet & Onion Salad* *Fruit*	27 *Cranberry Pecan* *White Bean Salad* *on Brioche Roll* *Tuscany Vegetable Salad* *Fruit*	28 *Egg Salad* *New!* *On Whole Grain Bagel* *Bayou Coleslaw* *Fruit*	29 *Lemon Pepper Chickpea Salad* *Whole Grain Pita* *Copper Penny Salad* *Fruit*
30 *Garden Salad (Beans)* *w/Cranberry and Almonds* *with Balsamic Vinaigrette* *Mandarin Beets w/Citrus Dressing* *Whole Grain Corn Muffin* *Fruit* *Fortune Cookie*						MEALS ON WHEELS SAN DIEGO COUNTY