FEBRUARY 2025

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This organization is an equal opportunity provider. Meals are provided with funding made possible from San Diego County through our partnership with Meals on Wheels San Diego.				
3 Pasta Shells & Meat Sauce Italian Blend Veg Corn WGR Dinner Roll Fresh Fruit Plant-Based: Veg Spinach Lasagna, Lima Beans & Carrots	**4** Teriyaki Chicken Brown Rice Peas & Creamed Corn WGR Dinner Roll Fresh Fruit Plant-Based: Battered Faux Fish Fillet, Brown Rice, Corn & Green beans	**5** Spaghetti & Meat Sauce Peas Asian Blend Veg WGR Dinner Roll & Fruit Plant-Based: Spaghetti Meatless Sauce, Peas & Corn	**6** Chicken Fettuccine Alfredo Sauce Peas & Carrots WGR Dinner Roll & Fruit Plant-Based: Plant based Chicken, Alfredo Sauce, Penne Pasta, Peas & carrot	**7** Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll & Fruit Plant-Based: Plant-based Beef burgundy, Noodle, Carrots, Cannelloni Beans
10 Swiss Steak w/ Gravy Sweet Potato Collard Greens WGR Dinner Roll & Fruit Plant-Based: Plant-Based Chicken & Cheese Macaroni, Spinach, Corn	**11** Pasta Shells & Meat Sauce Italian Blend Veg & Corn WGR Dinner Roll & Fruit Plant-Based: Faux Fish Fillet, Cannelloni Beans, Mixed Veggies	**12** Sweet & Sour Chicken Brown Rice Asian Blend Veg & Peas WGR Dinner Roll & Fruit Plant-Based: Veg Cheese Cannelloni, Kidney Beans, Italian Green Beans	**13** Chicken Cordon Blue Brown Rice California Blend Veg & Corn WGR Dinner Roll & Fruit Plant-Based: Plant-Based Beef Stroganoff, Egg Noodles, Peas & Carrots	**14** Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll & Fruit Plant-Based: Plant-based Beef Burgundy, Mashed Potatoes, Green Beans
17 Chicken Chow Mein Brown Rice Asian Blend Veg & Corn WGR Dinner Roll & Fruit Plant-Based: Plant-based Chicken Chow Mein, Brown Rice, Peas & Corn	**18** Turkey & Gravy Spinach Mashed Potatoes WGR Dinner Roll & Fruit Plant-Based: Plant-base Chicken Strips w/ Gravy, Sweet Potatoes, Veggies	**19** Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll & Fruit Plant-Based: Plant-Based Beef Burgundy, Noodles, Carrots, Cannelloni Beans	**20** Pasta Shells & Meat Sauce Italian Blend & Corn WGR Dinner Roll Fresh Fruit Plant-Based: Rotini & Meatless Meat Sauce, Green Beans, Cauliflower	**21** Chicken Fettuccine Alfredo Sauce Peas & Carrots WGR Dinner Roll & Fruit Plant-Based: Plant-based Chicken Alfredo Sauce, Whole Wheat Penne Pasta, Peas & Carrots
24 Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll & Fruit Plant-Based: Plant-Based Beef Burgundy, Mashed Potato, Green Beans	**25** Macaroni & Meat Casserole Succotash & Broccoli WGR Dinner Roll & Fruit Plant-Based: Macaroni & Meatless Meat Casserole, Succotash & Broccoli	**26** Chicken Breast Green Chili Cream Brown Rice & Refried Beans Chuckwagon Corn WGR Dinner Roll & Fruit Plant-Based: Veg Huevos, Hash Brown, Pinto Beans	**27** Spaghetti & Meat Sauce Peas & Asian Blend Veg WGR Dinner Roll Fresh Fruit Plant-Based: Spaghetti Meatless Meat Sauce, Peas & Corn	**28** Swiss Steak w/ Gravy Sweet Potato Collar Greens WGR Dinner Roll & Fruit Plant-Based: Plant-Based Roast Beef, Gravy, Mashed Potatoes & Collard Greens

Each entrée includes a minimum of two (2) oz. meat/meat alternative; ½ cup of fruits, ½ cup of vegetables (fresh and/or canned); two (2) oz. of whole grain rich bread/pasta/rice. Eight (8) oz. of 1% milk or enriched soy milk is served with each meal. This menu, as written, is suitable for regular, sodium-restricted and consistent carbohydrate (diabetic) diets.

DIORELLA GATCHALIAN, R.D. | DIETITIAN

GEORGE G. GLENNER
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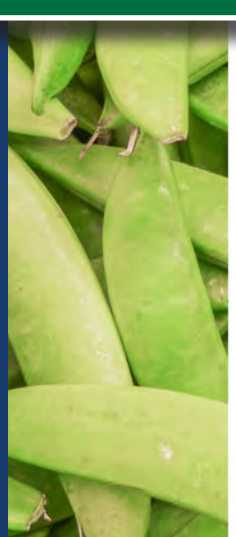
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