JANUARY 2026

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.			1 Happy New Year! Center is Closed	2 Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Fruit Cup VEGETARIAN: Cheese Enchilada & Sauce
5 BBQ Chicken Drumsticks WG Macaroni & Cheese Seasoned Collared Greens Fresh Fruit VEGETARIAN: BBQ Tofu	6 Chicken Enchiladas Enchilada Sauce Pinto Beans Fiesta Vegetables Blend Fruit cup VEGETARIAN: Cheese Enchiladas & Sauce	7 LemonScarpariello Chicken Whole Wheat Rotini Pasta Tuscany Vegetables Blend Spinach Fresh Fruit VEGETARIAN: Vegetarian Bolognese	8 Beer Battered Cod Cilantro Lime Rice Southwest Corn Fresh Fruit VEGETARIAN: Bean Tamale Pie	9 Sloppy Joe Tater Tots Green Beans WG Hamburger Bun Fresh Fruit VEGETARIAN: VEG Sloppy Joe
12 Chicken Parmesan Whole Grain Penne Pasta Tuscany Vegetable Blend Fruit Cup VEGETARIAN: Tofu Monay Sauce	13 WG Shrimp Jambalaya Corn Casserole Green Beans Fresh Fruit VEGETARIAN: WG Vegetarian Fiesta Mac	14 Honey Balsamic Chicken WW Seasoned Couscous Broccoli Florets Fresh Fruit VEGETARIAN: Caramelized Onion Beans	15 Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Fruit Cup VEGETARIAN: Apricot Mustard Tofu	16 WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Fruit Cup VEGETARIAN: WG Bean & Cheese Burrito
19 Chicken Alfredo WG Rotini Pasta Ratatouille Green Beans Fruit Cup VEGETARIAN: White Bean Alfredo	20 Pork Carnitas Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fresh Fruit VEGETARIAN: Tofu Al Pastor	21 Turkey a la King Whole Grain Egg Noodles Glazed Carrots Fresh Fruit VEGETARIAN: Northern Bean a la King	22 Salmon Patty Dill Sauce Garlic Parm Brown Rice Broccoli Florets Fresh Fruit VEGETARIAN: Chickpea Vera Cruz	23 Hungarian Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cup VEGETARIAN: Hungarian Tofu
26 Italian Beef & Turkey Whole Grain Penne Bake Broccoli Florets WG Garlic Breadstick Fresh Fruit VEGETARIAN: Veg Lasagna Bake	27 Potato Crusted Pollock WG Macaroni & Cheese California Vegetable Blend Fresh Fruit Tartar Sauce VEGETARIAN: Hoppin John	28 Sofrito Chicken Brown Rice Black Beans Corn w/Tomatoes & Green Chiles Fruit Cup VEGETARIAN: Black Beans	29 Pork with Onion Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Fruit Cup VEGETARIAN: Tofu w/ gravy	30 Hamburger Patty Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp VEGETARIAN: Black Bean Burger

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 that meets USDA nutrition standard for milk substitute) 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 ALZHEIMER'S FAMILY CENTERS, INC.®