OCTOBER 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** Beer Battered Cod Cilantro Lime Rice Black Beans Caribbean Vegetables Fresh Orange PLANT BASED: Bean Tamale Pie	**2** Sloppy Joe Tater Tots Green Beans w/ Red Peppers WG Hamburger Bun Diced Pears PLANT BASED: Sloppy Joe
5 Chicken Parmesan WG Penne Pasta Tuscany Vegetable Blend Broccoli Florets Applesauce PLANT BASED: Tofu w/ Momay Sauce	**6** Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Winter Vegetables Mixed Fruit PLANT BASED: Apricot Mustard Tofu	**7** Honey Balsamic Chicken Brown Rice Broccoli Florets Italian Vegetables Diced Pears PLANT BASED: Curry Chickpea	**8** Cajun Lemon Pepper Breaded Pollock Dirty Brown Rice Kernel Corn Green Beans Fresh Orange PLANT BASED: WG Veg Fiesta Mac	**9** WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit PLANT BASED: WG Bean & Cheese Burrito
12 Chicken Alfredo WG Rotini Pasta Ratatouille Green Beans Pineapple Tidbits PLANT BASED: White Bean Alfredo	**13** Pork Carnitas Cilantro Lime Brown Rice Charro Beans Garden Vegetables Fresh Apple PLANT BASED: Tofu Al Pastor	**14** Turkey a la King WG Egg Noodles Glazed Carrots Winter Vegetables Fresh Orange PLANT BASED: Northern Bean a la King	**15** Salmon Patty w/ Dill Sauce Garlic Parm Brown Rice Italian Vegetables Cauliflower Diced Pears PLANT BASED: Chickpea Vera Cruz	**16** Hungarian Chicken Roasted Sweet Potatoes Mixed Vegetables WW Roll, Mixed Fruit PLANT BASED: Hungarian Tofu
19 Italian Beef & Turkey Whole Grain Penne Bake Broccoli Florets Italian Veg WG Garlic Bread stick Fresh Orange PLANT BASED: Vegetarian Lasagna Bake	**20** BBQ Pork Rib Patty Whipped Potatoes Chives Mixed Vegetables Whole Wheat Roll Tropical Fruit PLANT BASED: Tofu w/ Gravy	**21** Sofrito Chicken Brown Rice Black Beans Chuckwagon Corn Mixed Fruit PLANT BASED: Black Beans	**22** Potato Crusted Pollock WG Macaroni & Cheese California Vegetables Green Beans Fresh Apple PLANT BASED: Hoppin John	**23** Hamburger Patty Baked Beans Winter Vegetables WG Hamburger Bun Mixed Fruit Crisp PLANT BASED: Black Bean Burger
26 Meatloaf w/ Gravy Buttermilk Whipped Potato Glazed Carrots Whole Wheat Bread Fresh Orange PLANT BASED: Veg Meatballs w/ Gravy	**27** Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans, Calabacitas Fresh Apple PLANT BASED: WG Bean & Cheese Burrito	**28** Beef Japanese Curry Brown Rice Cauliflower Peas and Carrots Diced Pears PLANT BASED: Tofu Curry	**29** Potato Crusted Pollock Roasted Sweet Potatoes Green Peas WW Roll, Diced Peaches PLANT BASED: Black-eyed Peas	**30** Turkey Breast w/ Gravy Garlic Whipped Potatoes California Vegetables Whole Wheat Roll Raisins PLANT BASED: Tofu w/ Gravy

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.

DIORELLA GATCHALIAN, R.D. | DIETITIAN

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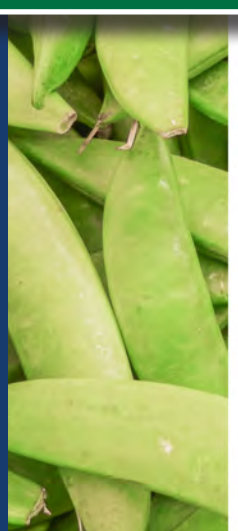
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