FEBRUARY 2026

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf w/ Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Fruit PLANT-BASED: Vegetarian Meatballs	**3** Apple Cider Mustard Glazed Pork Roasted Sweet Potatoes Broccoli Florets Whole Wheat Roll Fruit PLANT-BASED: Apricot Mustard Tofu	**4** Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Fruit PLANT-BASED: WG Bean & Cheese Burrito	**5** Potato Crusted Pollock Scalloped Potatoes Green Peas Whole Wheat Roll Fruit Cup Tartar Sauce PLANT-BASED: Black-eyed Peas	**6** Turkey Breast w/ Gravy WG Macaroni Cheese Cali Vegetable Blend Fruit PLANT-BASED: Tofu w/ Gravy
9 Chicken Fried Rice Japanese Vegetable Blend Cabbage Fruit Cup Fortune Cookie PLANT-BASED: Tofu Fried Rice	**10** Baked Flounder Ginger Scallion Sauce Garlic Parm Brown Rice Glazed Carrots Fruit Cup PLANT-BASED: Kidney Beans & Brown Rice	**11** Lemon Scarpaniello Chicken Whole Rotini Pasta Tuscany Vegetable Blend Spinach Fruit PLANT-BASED:Veg Bolognese	**12** Pork Tamale Pinto Beans Fiesta Vegetable Blend Fruit Cup PLANT-BASED: BBQ Black Bean Burger	**13** Valentine's Day Meal Cranberry Dijon Chicken Scalloped Potatoes Green Beans Amandine Multi-Grain Bread Fruit PLANT-BASED: Cranberry Orange Tofu
16 BBQ Chicken Drumsticks WG Macaroni Cheese Seasoned Collard Greens Fruit PLANT-BASED: BBQ Tofu	**17** Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend Fruit Cup PLANT-BASED: Bean Chili	**18** Chicken Tamale Pinto Beans Fiesta Vegetable Blend Fruit Cup PLANT-BASED: Cheese Enchilada	**19** Beer Battered Cod Cilantro Lime Rice Southwest Corn Fruit PLANT-BASED: Bean Tamale Pie	**20** Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Fruit Cup PLANT-BASED: Cheese Enchiladas
23 Chicken Parmesan Whole Grain Penne Pasta Tuscany Vegetable Blend Fruit Cup PLANT-BASED: Tofu w/ Momay Sauce	**24** WG Shrimp Jambalaya Corn Casserole Green Beans Fruit PLANT-BASED: WG Vegetarian Fiesta Mac Corn Casserole	**25** Honey Balsamic Chicken Breast WW Seasoned Couscous Broccoli Florets Fruit PLANT-BASED: Caramelized Onion Beans	**26** Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Fruit Cup PLANT-BASED: Apricot Mustard Tofu	**27** WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Fruit Cup PLANT-BASED: WG Bean & Cheese Burrito

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.

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

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