# JULY 2025

## LUNCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **1**<br>Curry Chicken Breast<br>Coconut Brown Rice<br>Green Peas & Cauliflower<br>Fresh Fruit- Apple<br><br>PLANT-BASED PROTEIN:<br>Curry Chickpea | **2**<br>Sofrito Meatballs<br>Whipped Potatoes<br>Garden Vegetable Blend<br>Whole Wheat Bread<br>Fresh Fruit- Mandarin<br>Margarine<br><br>PLANT-BASED: Lentil Stew, potato & vegetables | **3**<br>Chicken Alfredo<br>Whole Grain Penne<br>Ratatouille<br>Broccoli Florets<br>Fresh Fruit- Pears<br><br>PLANT-BASED PROTEIN:<br>Chicken plant based | **4**<br>Happy Independence Day!<br>4th of July<br><br>Glenner Center is Closed |
| **7**<br>Country Fried Steak<br>Onion Gravy<br>Whipped Potatoes<br>Capri Vegetables Blend<br>Multi-Grain Bread<br>Pineapple Tidbits<br><br>PLANT-BASED:<br>Chicken plant-based | **8**<br>Caribbean Glazed Chicken<br>Broccoli Florets & Corn<br>Sweet Plantains<br>Whole Wheat Bread<br>Fruit- Diced Pears<br><br>PLANT-BASED:<br>Jamaican Tofu | **9**<br>Baked Tilapia<br>Spanish Sauce<br>Brown Rice<br>Hominy<br>Mixed Vegetables<br>Fruit- Tropical Fruit<br><br>PLANT-BASED: Vegetarian Bean Stew | **10**<br>Picadillo<br>Charro Beans<br>Fiesta Vegetable Blend<br>Whole Wheat Tortilla<br>Fresh Fruit- Apple<br>Taco Sauce<br><br>PLANT-BASED: Tofu | **11**<br>Herb Crusted Pork<br>Potato Medley<br>Green Bean Amandine<br>Multi-Grain Bread<br>Fruit- Mandarin<br>Margarine<br><br>PLANT-BASED:<br>Vegetarian Chili |
| **14**<br>Chicken Shawarma<br>Brown Rice<br>Curry Okra & Tomatoes<br>Cauliflower<br>Fresh Fruit- Pear<br>Milk<br><br>PLANT-BASED:<br>Tofu Shawarma | **15**<br>Pork Loin w/ Poivre Sauce<br>Roasted Sweet Potatoes<br>Green Beans<br>Whole Wheat Roll<br>Fresh Fruit- Orange<br>Margarine<br><br>PLANT-BASED:<br>Black Bean Patty w/ gravy | **16**<br>Sofrito Chicken<br>Brown Rice<br>Black Beans<br>Broccoli Florets<br>Fruit- Mixed Fruit<br><br>PLANT-BASED:<br>Ginger Pepper Tofu | **17**<br>Roast Beef w/ Gravy<br>Garlic Whipped Potatoes<br>Collard Greens<br>Whole Wheat Roll<br>Fruit- Pineapple Tidbits<br>Margarine<br>PLANT-BASED:<br>Plant based chicken | **18**<br>Blackened Tilapia<br>Dirty Brown Rice<br>Whole Kernel Corn<br>Fresh Fruit- Mandarin<br><br>PLANT-BASED:<br>Curry Chickpea |
| **21**<br>Pork Chile Verde<br>Cilantro Brown Rice<br>Pinto Beans<br>Fiesta Vegetable Blend<br>Fresh Fruit- Apple<br><br>PLANT-BASED:<br>Tofu Chili Verde | **22**<br>Beef Stew<br>Whipped Potatoes<br>Broccoli Florets<br>Whole Wheat Roll<br>Fresh Fruit- Pear<br>Margarine<br><br>PLANT-BASED:<br>Vegetarian Bean Stew | **23**<br>Tilapia Vera Cruz<br>Brown Rice Pilaf<br>Green Peas<br>Glazed Carrots<br>Fruit- Pineapple Tidbits<br><br>PLANT-BASED:<br>Chickpea Veracruz | **24**<br>Roasted Pork Loin<br>Apple Cider Mustard Glaze<br>Roasted Diced Potatoes<br>California Veg Blend<br>Whole Wheat Bread<br>Fresh Fruit- Apple<br>Margarine<br><br>PLANT-BASED: Tofu | **25**<br>Bruschetta Chicken<br>Whole Grain Au Gratin Rotini<br>Green Beans<br>Fruit- Diced Peaches<br><br>PLANT-BASED:<br>Plant-based Chicken |
| **28**<br>Meatball Stroganoff<br>Whole Grain Egg Noodle<br>Green Peas, Glazed Carrots<br>Fruit- Pineapple Tidbits<br><br>PLANT-BASED: Vegetarian Stroganoff | **29**<br>Sweet & Sour Pork<br>Fried Brown Rice<br>Japanese Veg Blend<br>Fresh Fruit- Pear<br><br>PLANT-BASED: Sweet & Sour Tofu | **30**<br>Arroz con Pollo<br>Brown Rice<br>Pinto Beans<br>Calabacitas<br>Fresh Fruit- Apple<br><br>PLANT-BASED: Smothered Garden Meatballs | **31**<br>Swiss Steak<br>WG Macaroni & Cheese<br>Mixed Vegetables<br>Fresh Fruit- Orange<br><br>PLANT-BASED:<br>plant-based BBQ chicken | This organization is an equal opportunity provider.<br><br>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 and/or cheese and a ½ cup of two (2) different fruits, vegetables or juice (fresh and/or canned) plus two (2) oz. of grain/bread. Four (4) oz. of juice is delivered for breakfast. Eight (8) oz. of white 1% 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 ALZHEIMER'S FAMILY CENTERS, INC.®
LITTLE BLUE House
3686

3686 4th Avenue San Diego, CA 92103

© George G. Glenner Alzheimer's Family Centers, Inc.®, 2025