NOVEMBER 2026

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit Whole Wheat Roll PLANT-BASED: Tofu Fried Rice	**3** BBQ Pork Rib Patty Baked Beans San Francisco Vegetables Whole Grain Burger Bun Fresh Orange PLANT-BASED: BBQ Black Bean Burger	**4** Lemon Scarpaniello Chicken Whole Grain Rotini Pasta Tuscany Vegetable Blend Spinach Diced Peaches PLANT-BASED: Vegetarian Bolognese	**5** Baked Fish (Tilapia) Ginger Scallion Sauce Brown Rice Glazed Carrots Green Peas Tropical Fruit PLANT-BASED: Kidney Beans	**6** Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Broccoli Florets Applesauce PLANT-BASED: Cheese Enchiladas
9 BBQ Chicken Drumsticks WG Macaroni & Cheese Seasoned Collard Greens Italian Vegetables Fresh Apple PLANT-BASED: BBQ Tofu	**10** Szechuan Pork Brown Rice Baby Carrots Broccoli Florets Mixed Fruit PLANT-BASED: Bean Chili	**11** Chicken Fajitas Pinto Beans Fiesta Vegetable Blend Whole Wheat Flour Tortilla Tropical Fruit PLANT-BASED: Tofu Fajitas	**12** Beer Battered Cod Cilantro Lime Rice Black Beans Caribbean Vegetables Fresh Orange PLANT-BASED: Bean Tamale Pie	**13** Sloppy Joe Tater Tots Green Beans Red Peppers Whole Grain Burger Bun Diced Pears PLANT-BASED: Sloppy Joe
16 Chicken Parmesan Whole Grain Penne Pasta Tuscany Vegetable Blend Broccoli Florets Applesauce PLANT-BASED: Tofu w/ Momay Sauce	**17** Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Winter Vegetables Mixed Fruit PLANT-BASED: Apricot Mustard Tofu	**18** Honey Balsamic Chicken Brown Rice Broccoli Florets Italian Vegetables Diced Pears PLANT-BASED: Curry Chickpeas	**19** Cajun Lemon Pepper Breaded Pollock Dirty Brown Rice Kernel Corn, Green Beans Fresh Orange PLANT-BASED: WG Veg Fiesta Mac	**20** WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit PLANT-BASED: WG Bean & Cheese Burrito
23 Chicken Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Pineapple Tidbits PLANT-BASED: White Bean Alfredo	**24** Pork Carnitas Cilantro Lime Brown Rice Charro Beans Garden Vegetables Fresh Apple PLANT-BASED: Tofu Al Pastor	**25** Turkey a la King Whole Grain Egg Noodles Glazed Carrots Winter Vegetables Fresh Orange PLANT-BASED: Northern Bean a la King	**26** Happy Thanksgiving Glenner Centers is Closed	**27** Glenner Center is Closed
30 Italian Beef & Turkey Whole Grain Penne Bake Broccoli Florets, Italian Veg WG Garlic Breadstick Fresh Orange PLANT-BASED: Veg Lasagna Bake				This institution 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

GEORGE G. GLENNER ALZHEIMER'S FAMILY CENTERS, INC.®

LITTLE BLUE House 3686

3686 4th Avenue San Diego, CA 92103

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