APRIL 2025 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork Loin w/ Poivre Sauce Roasted Sweet Potatoes Green Beans Whole Wheat Roll Fruit Orange & Milk Plant-Based: Black Bean Patty w/ Gravy same sides	**2** Korean BBQ Chicken Brown Fried Rice Broccoli Florets Mixed Fruit & Milk Plant-Based: Ginger Pepper Tofu same sides	**3** Roast Beef w/ Gravy Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits & Milk Plant-Based: Veg Chicken w/ Au Jus Same sides	**4** Blackened Tilapia Dirty Brown RIce Whole Kernel Corn Mandarin Orange & Milk Plant-Based: Curry Chickpea same sides
7 Pork Chile Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple & Milk Plant-based: Tofu Chili Verde same sides	**8** Beef Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh pear & Milk Plant-Based: Vegetarian Bean Stew Same sides	**9** Tilapia Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits & Milk Plant-Based: Chickpea Veracruz Same sides	**10** Roasted Pork Loin Apple Cider Mustard Glaze Roasted Diced Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple & Milk Plant-based: Tofu	**11** Bruschetta Chicken WGR Au Gratin Rotini Green Beans Diced Peaches & Milk Plant-Based: Plant based Bruschetta chicken Same side
14 Meatball Stroganoff Whole Grain Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits & Milk Plant-Based: Vegetarian Stroganoff (same sides)	**15** Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend Fresh Pear & Milk Plant-Based: Sweet & Sour Tofu Same side	**16** Chicken and Biscuit Whipped Potatoes Green Beans Whole Grain Biscuit Fresh Apple & Milk Plant-Based: Smothered Garden Meatball	**17** Siwss Steak Whole Grain Mac & Cheese Mixed Vegetables Fresh Apple & Milk Plant-Based: Plant-based Nuggets	**18** Krab Cake with Dill Sauce Confetti Brown Rice Broccoli Florets Diced Pears & Milk Plant-Based: Hoppin John
21 Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit & Milk Tartar sauce Plant-Based: Garden Meatballs w/ sauce	**22** Curry Chicken Breast Coconut Brown Rice Green Peas Cauliflower Fresh Apple & Milk Plant-Based: Curry Chicken Breast veg	**23** Salisbury Steak w/ Steakhouse sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Orange & Milk Plant-Based: Lentil Stew	**24** Chicken Alfredo Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear & Milk Plant-Based: Plant-Based Chicken Alfredo	**25** Beef Patty Tater Tots Dilled Carrots WW Hamburger Bun Pineapple Tidbits & Milk Plant-based: Black Bean Burger
28 Country Fried Steak Onion Gravy Whipped Potatoes Capri Vegetable Blend Multi Grain Bread Pineapple Tidbits & Milk Plant-Based: Plant-based chicken Au jus	**29** Carribean Glazed Chicken Broccoli Florets and Corn Sweet Plantains Whole Wheat Bread Diced Pears & Milk Plant-Based: Jamaican Tofu	**30** Tilapia Crumb Topping Brown Rice Garden Vegetable Blend Fresh Orange & Milk Plant Based: Vegetarian Bean Stew same side		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, RD | DIETITIAN

Rosie's

Town SQUARE®

A George G. Glenner Alzheimer's Family Center

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