OCTOBER 2026 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.			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
25 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, RD

Diorella Gatchalian, RD | DIETITIAN

Rosie's Diner

Town Square®

A George G. Glenner Alzheimer's Family Center

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