MAY 2025

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.			**1** Mexican Picadillo Charro Beans Fiesta Vegetable Blend WW Tortilla & Taco Sauce Fresh Apple Low Fat Milk Veg protein: Tofu w/ onions & pepper	**2** Herb Crusted Pork Potato Medley Green Bean Amandine Multi-Grain Bread Mandarin Orange Low Fat Milk Veg Protein: Vegetarian Chili
5 Chicken Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower Fresh Pear Low Fat Milk Veg Protein: Tofu Shawarma	**6** Pork Loin w/ Poivre Sauce Roasted Sweet Potatoes Green Beans Whole Wheat Roll Fresh Orange Low Fat Milk Veg Protein: Black Bean Patty	**7** Korean BBQ Chicken Brown Fried Rice Broccoli Florets Mixed Fruit Low Fat Milk Veg Protein: Ginger Pepper Tofu	**8** Roast Beef w/ Gravy Garlic Whipped Potatoes Collard Greens Whole Wheat Roll Pineapple Tidbits Low Fat Milk Veg Protein: Veg Chicken	**9** Blackened Tilapia Dirty Brown Rice Whole Kernel Corn Mandarin Oranges Low Fat Milk Veg Protein: Curry Chickpea
12 Pork Chili Verde Cilantro Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Apple Low Fat Milk Veg Protein: Tofu Chili Verde	**13** Beef Stew Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear Low Fat Milk Veg Protein: Bean Stew	**14** Tilapia Vera Cruz Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits Low Fat Milk Veg Protein: Chickpea	**15** Roasted Pork Loin Apple Cider Mustard Glaze Roasted Diced Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple & Low Fat Milk Veg Protein: Tofu	**16** Bruschetta Chicken WG Au Gratin Rotini Green Beans Diced Peaches Low Fat Milk Veg Protein: Plant-based Chicken Bruschetta
19 Meatball Stroganoff Whole Grain Egg Noodles Green Peas Glazed Carrots Pineapple Tidbits Low Fat Milk Veg Protein: Veg Stroganoff	**20** Sweet & Sour Pork Fried Brown Rice Japanese Vegetable Blend Fresh Pear Low Fat Milk Veg Protein: Sweet & Sour Tofu	**21** Chicken & Biscuit Whipped Potatoes Green Beans WG Biscuit in entree Fresh Apple Low Fat Milk Veg Protein: Smothered Garden Meatballs	**22** Swiss Steak WG Macaroni & Cheese Mixed Vegetables Fresh Orange Low Fat Milk Veg Protein: Plant-based BBQ Chicken	**23** Salmon Patty w/ Dill Sauce Confetti Brown Rice Broccoli Florets Whole Wheat Roll Diced Pears Low Fat Milk Veg Protein: Hoppin John
26 MEMORIAL DAY CLOSED	**27** Curry Chicken Breast Coconut Brown Rice Green Peas & Cauliflower Fresh Apple Low Fat Milk Veg Protein: Curry Chickpea	**28** Salisbury Steak Steakhouse Sauce O'Brien Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Low Fat Milk Veg Protein: Lentil Stew	**29** Chicken Alfredo Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear Low Fat Milk Veg Protein: Veg Chicken	**30** Beef Patty Tater Tots Dilled Carrots WW Hamburger Bun Pineapple Tidbits Low Fat Milk Veg protein: Bean burger

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