

May Lunch Menu

Wednesday, May 1

Chicken and rice served with sweet plantains

- 🌿 Tofu, vegetables and rice served with sweet plantains

Thursday, May 2

Soy glaze Chicken served with Lo Mein and Stir Fry Vegetables

- 🌿 Vegetarian Lo Mein and Stir Fry Vegetables

Tuesday, May 7

Turkey Chili served with Sour Cream, Cilantro, and Brown Rice

- 🌿 Vegetable Chili served with Sour Cream, Cilantro, and Brown Rice

WEDNESDAY, May 8

Mexican Steak served with Yellow Rice and Steamed Broccoli

- 🌿 Mexican Tofu served with Yellow Rice and Steamed Broccoli

Thursday, May 9

Baked Fish w Tomato & Coconut sauce, served w Brown Rice & Sweet Plantain

- 🌿 Baked Cauliflower w Tomato & Coconut sauce, served w Brown Rice & Sweet Plantain

Tuesday, May 14

Lasagna Roll with Meat Sauce, served with Peas & Carrots

- 🌿 Lasagna Roll with Red Sauce, served with Peas & Carrots

Wednesday, May 15

Whole Grain Penne Chicken Alfredo served with Peas & Carrots and Garlic Bread

- 🌿 Whole Grain Penne with Plant-based Chicken Alfredo served with Peas & Carrots and Garlic Bread

Thursday, May 16

Meatloaf served with Mashed Potatoes, Gravy and Steamed Broccoli

- 🌿 Plant-based Meatloaf served w/ Mashed Potatoes, Gravy and Steamed Broccoli

Tuesday, May 21

GMHC CLOSED – AWNY restoration day

Wednesday, May 22

Beef Picadillo served with Brown Rice and Sweet Plantain

- 🌿 Tofu Picadillo served with Brown Rice and Sweet Plantain

Thursday, May 23

Chicken Chili Verde served with Corn Tortilla Chips and Rice

- 🌿 Vegetable Chili Verde served with Corn Tortilla Chips and Rice

Tuesday, May 28

Mexican Steak served with Yellow Rice and Steamed Broccoli

- 🌿 Mexican Tofu served with Yellow Rice and Steamed Broccoli

Wednesday, May 29

Swedish Meatballs served with Butternut Squash Puree and Steamed Green

- 🌿 Swedish Plant-based Meatballs served with Butternut Squash Puree and Steamed Green Beans

Thursday, May 30

Barbecue Pulled Chicken served with Mashed Potatoes and Roasted Zucchini

- 🌿 Barbecue Pulled Chicken-less served with Mashed Potatoes and Roasted Zucchini

