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

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**Lunch Hours:**
Tuesdays, Wednesdays, & Thursdays
11:30 A.M. to 1:30 P.M.