


MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Stew w/ Potatoes Whole Grain Roll Garden Salad w/ Iceberg Cucumber & Tomatoes w/ Island Dressing Orange / Cake	2 Lentil Soup Choice of Entrée: Unbreaded Blacken Fish or Pork Loin w/ Sauce Barley Pilaf Peas & Onions / Tricolor Slaw Banana	3 Cranberry Juice BBQ Chicken Whole Grain Bread Baked Beans Corn on the Cob or Cut Corn Creamy Coleslaw Watermelon	4 	5 Turkey Rice Soup Breaded Oven Baked Fish WG Penne Pasta Broccoli Marinated Beet Salad Peaches
8 Pork Chop Adobo WG Bread / Brown Rice Zucchini Medley Romaine Caesar Salad w/ Caesar Dressing Chocolate Ice Cream	9 BBQ Hamburger Whole Grain Bun Macaroni Salad Mexicali Corn Broccoli Peach or Plum	10 Choice of Entrée: Turkey Chili or Vegetarian Chili WG Roll / Bake Potato Chopped Kale & Spinach w/ Italian Dressing Salad Watermelon	11 Tomato Bisque Lemon Dijon Baked Fish Rice Pilaf Banana Squash Coleslaw Banana	12 Chicken Noodle Soup Roast Beef w/ Gravy Whole Grain Roll Mashed Potatoes Green Beans w/ Herbs Ambrosia Salad
15 Cream of Corn Soup Tuna Sandwich Whole Grain Bread Coleslaw Garden Salad w/ Radish w/ Thousand Island Dressing Corn / Cantaloupe	16 Carrot Ginger Soup Chinese Chicken Salad Dinner Roll / Dry Noodles Green Beans Iceberg, Romaine w/ Asian Dressing Mandarin Orange	17 Spaghetti w/ Meatballs WG Spaghetti Sourdough Bread w/ Garlic Spread / Broccoli Mesclun Mixed Salad Baked Maple Pears	18 Orange Juice Chicken Enchilada w/ Red Sauce Chopped Salad w/ Tomato w/ Italian Dressing Pinto Beans Peaches	19 Cream of Broccoli Soup Herb Rubbed Pork Roast w/ Honey Mustard Sauce Whole Grain Bread Stuffing Sweet Potato Pear and Mango Vanilla Ice Cream
22 Choice of Entrée: Turkey A La King or Lentil Stew WG Roll / Peas & Carrots Spinach & Kale Salad w / Balsamic Dressing Banana	23 Beef Lasagna Whole Grain Bread Broccoli & Cauliflower Romaine & Shredded Cabbage Salad Fruited Yogurt w/ Mango	24 Split Pea Soup Tuna Salad Whole Grain Bread Creamy Cucumber Salad Mixed Salad Greens w/ Thousand Island Dressing Cantaloupe	25 Italian Wedding Soup BBQ Pulled Pork Whole Grain Hamburger Bun Potato Salad Collard Greens Orange	26 Egg Drop Soup Beef Teriyaki WG Bread / Brown Rice Oriental Vegetables Chopped Kale Salad w/Asian Dressing Plums or Peaches
29 Pineapple Juice Oven Baked Chicken Whole Grain Dinner Roll Sautéed Cabbage Baked Sweet Potato Rainbow Sherbet	30 Minestrone Soup Stuffed Bell Pepper Cornbread Mashed Potatoes Cucumber Salad w/ Asian Dressing Peaches	31 Orange Juice Swiss Steak Patty w/ Mushroom Cream Sauce Barley w/ Herbs Chopped Kale Salad w/ Beets Zucchini Medley Pear	SUGGESTED DONATION FOR SENIOR MEALS (AGE 60 & OLDER) IS \$2.75/MEAL. Thank you for your support.	
Daily reservations are required. Call (562) 801-4400 starting at 9:00 a.m.				

*ALL MEALS SERVED WITH 1% LOW FAT MILK. + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.

This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older American Act of 1965 as amended.