

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily reservations are required. Call (562) 801-4400 starting at 9:00 a.m.</p>	<p>SUGGESTED DONATION FOR SENIOR MEALS (AGE 60 & OLDER) IS \$2.75/MEAL. Thank you for your support.</p>		<p>1 Lentil Soup Turkey & Cranberry Salad Whole Grain Bread Spinach Salad Red Cabbage Coleslaw Waldorf Salad</p>	<p>2 Vegetable Pozole Soup Chicken Mole Flour Tortilla Brown Spanish Rice Pinto Beans Carrot & Pineapple Salad Orange or Tangerine</p>
<p>5 Choice of Entrée: Pork Loin Au Jus or Breaded Baked Fish WG Bread / Barley Pilaf Marinated Beet & Onion Salad / Zucchini Medley Cantaloupe</p>	<p>6 Chicken & Cilantro Soup Taco Shell Salad Spanish Rice Black Beans Garden Salad w/ Carrots & Cucumbers Orange</p>	<p>7 Cranberry Juice Vegetarian Lasagna Whole Grain Roll Mandarin Oranges w/ Jicama Vanilla Ice Cream</p>	<p>8 Cabbage Ginger Soup Sweet & Sour Chicken Brown Rice Broccoli Marinated Confetti Salad Banana</p>	<p>9 Beef Barley Soup Meatloaf w/ Gravy Whole Grain Roll Mashed Potatoes Peas Ambrosia Salad</p>
<p>12 Cream of Mushroom Soup BBQ Chicken Corn Bread Cauliflower Mashed Sweet Potatoes Pears w/ Cinnamon</p>	<p>13 Lentil Soup Choice of Entrée: Unbreaded Blacken Fish or Pork Loin w/ Sauce WG Bread / Barley Pilaf Peas & Onions/ Tricolor Slaw Banana</p>	<p>14 Turkey Rice Soup Breaded Oven Baked Fish WG Penne Pasta Broccoli Marinated Beet Salad Peaches</p>	<p>15 Beef Stew w/ Potatoes, Celery & Carrots Whole Grain Roll Garden Salad w/ Iceberg Cucumber & Tomatoes Orange</p>	<p>16 Pineapple Juice Hawaiian Chicken Breast Brown Rice Pilaf Broccoli Green Salad Coconut Cake</p>
<p>19 Orange Juice Pork Loin Adobo Whole Grain Bread Brown Rice Zucchini Medley Romaine Caesar Salad Chocolate Ice Cream</p>	<p>20 BBQ Hamburger Whole Grain Bun Macaroni Salad Mexicali Corn Broccoli Peach or Plum</p>	<p>21 Choice of Entrée: Turkey Chili or Vegetarian Chili WG Roll / Baked Potato Chopped Kale & Spinach Salad w/ Italian Dressing Watermelon</p>	<p>22 Tomato Bisque Soup Lemon Dijon Baked Fish Rice Pilaf Banana Squash Coleslaw Banana</p>	<p>23 Chicken Noodle Soup Roast Beef w/ Gravy Whole Grain Roll Mashed Potatoes Green Beans w/ Herbs Ambrosia Salad</p>
<p>26 Cream of Corn Soup Tuna Sandwich Whole Grain Bread Coleslaw Garden Salad w/ Radish & Corn Cantaloupe</p>	<p>27 Carrot Ginger Soup Chinese Chicken Salad Dinner Roll / Dry Noodles Green Beans Iceberg, Romaine & Red Onion w/ Asian Dressing Mandarin Orange</p>	<p>28 Spaghetti w/ Meatballs Sourdough Bread w/ Garlic Spread Broccoli Mesclun Mix Salad w/ Vinaigrette Dressing Baked Maple Pears</p>	<p>29 Orange Juice Chicken Enchilada w/ Red Sauce Pinto Beans / Chopped Salad w/ Italian Dressing Peaches Cake</p>	<p>30 Cream of Broccoli Soup Herb Rubbed Pork Roast w/ Honey Mustard Sauce Whole Grain Bread Stuffing Sweet Potato Pear & Mango Vanilla Ice Cream</p>

*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.