

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
2 Closed 	3 Orange Juice Chili Hot Dog Hot Dog Bun Potato Salad Marinated Beet Salad w/ Onions Watermelon Wedge	4 Split Pea Soup Tuna Salad Whole Grain Bread Creamy Cucumber Salad Mixed Salad Greens w/ Island Dressing Cantaloupe	5 Italian Wedding Soup BBQ Pulled Pork Whole Grain Hamburger Bun Potato Salad Collard Greens Orange	6 Egg Drop Soup Beef Teriyaki Whole Grain Bread Brown Rice Oriental Vegetables Chopped Kale Salad w/ Asian Dressing
9 Pineapple Juice Oven Baked Chicken Whole Grain Dinner Roll Sautéed Cabbage Baked Sweet Potato Rainbow Sherbet	10 Minestrone Soup Stuffed Bell Pepper Cornbread Mashed Potatoes Cucumber Salad w/ Asian Dressing Peaches	11 Orange Juice Swiss Steak Patty w/ Mushroom Sauce Barley w/ Herbs Chopped Kale Salad Zucchini Medley Pear	12 Lentil Soup Turkey & Cranberry Salad Whole Grain Bread Spinach Salad w/ Vinaigrette Dressing Red Cabbage Coleslaw Waldorf Salad	13 Orange Juice Chicken Pozole Corn Tortilla Shredded Cabbage w/ Lime Hominy Arroz con Leche
16 Choice of Entrée: Pork Loin Au Jus or Breaded Baked Fish WG Bread / Barley Pilaf Marinated Beet Salad Zucchini Medley Cantaloupe	17 Chicken & Cilantro Soup Taco Shell Salad Tostada Shell Spanish Rice Black Beans Garden Salad Orange	18 Cranberry Juice Vegetarian Lasagna Whole Grain Roll Mandarin Oranges w/ Jicama Vanilla Ice Cream	19 Cabbage Ginger Soup Sweet & Sour Chicken Brown Rice Broccoli Marinated Confetti Salad Banana	20 Vegetable Barley Soup Meatloaf w/ Gravy Whole Grain Roll Mashed Potatoes Peas Cake
23 Mushroom Soup BBQ Chicken Corn Bread Cauliflower Mashed Sweet Potatoes Pears w/ Cinnamon	24 Lentil Soup Choice of Entrée: Unbreaded Blacken Fish or Pork Loin w/ Sauce WG Bread / Barley Pilaf Peas & Onions Tricolor Slaw / Banana	25 Asian Vegetable Soup Chicken Chop Suey Brown Rice Oriental Vegetables Chopped Asian Salad w/ Asian Dressing Cantaloupe	26 Beef Stew Whole Grain Dinner Roll Garden Salad w/ Cucumbers & Tomatoes w/ Island Dressing Orange	27 Turkey Rice Soup Breaded Oven Baked Fish Whole Grain Penne Pasta Broccoli Marinated Beet Salad Peaches
30 Orange Juice Pork Loin Adobo WG Bread / Brown Rice Zucchini Medley Romaine Caesar Salad Chocolate Ice Cream			Daily reservations are required. Call (562) 801-4400 starting at 9:00 a.m.	SUGGESTED DONATION FOR SENIOR MEALS (AGE 60 & OLDER) IS \$2.75/MEAL. Thank you for your support.

*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.