

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily reservations are required. Call (562) 801-4400 starting at 9:00 a.m.</p>	<p>1 BBQ Hamburger Whole Grain Bun Macaroni Salad Mexicali Corn Broccoli Peach or Plum</p>	<p>2 Choice of Entrée: Turkey Chili or Vegetarian Chili Whole Grain Roll Baked Potato / Chopped Kale & Spinach Salad w/ Italian Dressing / Watermelon</p>	<p>3 Tomato Bisque Lemon Dijon Baked Fish Rice Pilaf Banana Squash Coleslaw Banana</p>	<p>4 Chicken Noodle Soup Roast Beef w/ Gravy Whole Grain Roll Mashed Potatoes Green Beans w/ Herbs Ambrosia Salad</p>
<p>7 Cream of Corn Soup Tuna Sandwich Whole Grain Bread Coleslaw Garden Salad w/ Radish w/ Thousand Island Dressing Cantaloupe</p>	<p>8 Asian Vegetable Soup Chinese Chicken Salad Dinner Roll Dry Noodles Green Beans Iceberg Romaine w/ Asian Dressing / Mandarin Orange</p>	<p>9 Spaghetti w/ Meatballs Sourdough Bread Broccoli Mesclun Mix Salad w/ Vinaigrette Dressing Baked Maple Pears</p>	<p>10 Orange Juice Chicken Enchilada w/ Red Sauce Pinto Beans Chopped Salad w/ Italian Dressing Peaches / Cake</p>	<p>11 Cream of Broccoli Soup Herb Rubbed Pork Roast w/ Honey Mustard Sauce Whole Grain Bread Stuffing Sweet Potato Pear & Mango Vanilla Ice Cream</p>
<p>14 Closed</p> 	<p>15 Beef Lasagna Whole Grain Bread Broccoli & Cauliflower Romaine & Shredded Cabbage Salad w/ Beets w/ Italian Dressing / Banana</p>	<p>16 Split Pea Soup Tuna Salad Whole Grain Bread Creamy Cucumber Salad Mixed Salad Greens w/ Thousand Island Dressing Cantaloupe</p>	<p>17 Italian Wedding Soup BBQ Pulled Pork WG Hamburger Bun Potato Salad Collard Greens Orange</p>	<p>18 Egg Drop Soup Beef Teriyaki WG Bread / Brown Rice Oriental Vegetables Chopped Kale Salad w/ Asian Dressing Plums or Peaches</p>
<p>21 Pineapple Juice Oven Baked Chicken WG Dinner Roll Sautéed Cabbage Baked Sweet Potato Rainbow Sherbet</p>	<p>22 Minestrone Soup Stuffed Bell Pepper Cornbread Mashed Potatoes Cucumber Salad w/ Asian Dressing Peaches</p>	<p>23 Orange Juice Swiss Steak Patty w/ Mushroom Cream Sauce Barley w/ Herbs Chopped Kale Salad w/ Beets Zucchini Medley Pear</p>	<p>24 Lentil Soup Turkey & Cranberry Salad WG Bread Spinach Salad Red Cabbage Slaw Waldorf Salad</p>	<p>25 Vegetable Pozole Soup Chicken Mole Flour Tortilla Brown Spanish Rice Pinto Beans Carrot & Pineapple Salad Orange or Tangerine</p>
<p>28 Choice of Entrée: Pork Loin Au Jus or Breaded Baked Fish WG Bread / Barley Pilaf Marinated Beet & Onion Salad Zucchini Medley /Cantaloupe</p>	<p>29 Chicken & Cilantro Soup Taco Shell Salad Tostada Shell Spanish Rice Black Beans Garden Salad w/ Thousand Island Dressing / Orange</p>	<p>30 Cranberry Juice Vegetarian Lasagna Whole Grain Roll Mandarin Oranges w/ Jicama Vanilla Ice Cream</p>	<p>31 Happy Halloween! Orange Juice Polish Sausage Rye Bread Sauerkraut / German Potato Salad / Beet & Onion Salad German Chocolate Cake</p>  	<p>SUGGESTED DONATION FOR SENIOR MEALS (AGE 60 & OLDER) IS \$2.75/MEAL. Thank you for your support.</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.