

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 Vegetable Barley Soup Meatloaf w/ Gravy Whole Grain Roll Mashed Potatoes Peas Ambrosia Salad</p>
<p>4 Cream of Mushroom Soup BBQ Chicken Corn Bread Cauliflower Mashed Sweet Potatoes Pears w/ Cinnamon</p>	<p>5 Lentil Soup Choice of Entrée: Unbreaded Blacken Fish or Pork Loin WG Bread / Barley Pilaf Peas & Onions/Tricolor Slaw Banana</p>	<p>6 Asian Vegetable Soup Hawaiian Chicken w/ Pineapple Brown Rice Oriental Vegetables Chopped Asian Salad Cantaloupe</p>	<p>7 Beef Stew Whole Grain Roll Garden Salad w/ Iceberg Cucumbers & Tomatoes w/ Thousand Island Dressing Orange</p>	<p>8 Turkey Rice Soup Breaded Oven Baked Fish WG Penne Pasta Broccoli Marinated Beet Salad Peaches</p>
<p>11 Closed Veteran's Day</p> 	<p>12 Chicken Cilantro Soup BBQ Hamburger WG Bun Macaroni Salad Mexicali Corn Broccoli Tangerine</p>	<p>13 Choice of Entrée: Turkey Chili or Vegetarian Chili WG Roll / Baked Potato Chopped Kale & Spinach Salad Baked Apple Granola</p>	<p>14 Tomato Bisque Lemon Dijon Baked Fish Rice Pilaf Banana Squash Coleslaw Banana</p>	<p>15 Chicken Noodle Soup Roast Beef w/ Gravy WG Roll Mashed Potatoes Green Beans w/ Herbs Apple Cake</p>
<p>18 Cream of Corn Soup Tuna Sandwich Whole Grain Bread Coleslaw Garden Salad w/ Thousand Island Dressing Cantaloupe</p>	<p>19 Asian Vegetable Lemon Pepper Chicken Brown & Wild Rice Green Beans Mandarin Orange</p>	<p>20 Spaghetti w/ Meatballs Sourdough Bread w/ Garlic Spread Broccoli Mesclun Mix Salad Baked Maple Pear</p>	<p>21 Orange Juice Chicken Enchilada w/ Red Sauce Pinto Beans Chopped Salad w/ Italian Dressing Peaches</p>	<p>22 Apple Juice Roast Turkey w/ Gravy Dinner Roll / Cranberry Stuffing / Cornbread Stuffing Mashed Potatoes / Peas & Carrots / Pumpkin Pie</p>
<p>25 Orange Juice Choice of Entrée: Turkey A La King or Lentil Stew WG Roll / Peas & Carrots Spinach & Kale Salad Fruited Yogurt w/ Mango & Strawberries</p>	<p>26 Meatball Sandwich Whole Grain Bun Broccoli & Cauliflower Romaine & Shredded Cabbage Salad w/ Beets Banana</p>	<p>27 Split Pea Soup Unbreaded Fish Vera Cruz Whole Grain Herb Noodles Banana Squash Mixed Salad Greens Kiwi</p>	<p>28 Closed</p> 	<p>29 Closed</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.