

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
2 Pineapple Juice <b>Oven Baked Chicken</b> Whole Grain Dinner Roll Sautéed Cabbage Baked Sweet Potato Rainbow Sherbet	3 Minestrone Soup <b>Stuffed Bell Pepper</b> Cornbread Mashed Potatoes Cucumber Salad w/ Tomato Asian Dressing Pear	4 Orange Juice <b>Swiss Steak Patty</b> Barley w/ Herbs Chopped Kale Salad w/ Beets w/ Italian Dressing Zucchini Medley Peaches	5 Lentil Soup <b>Roast Turkey w/ Gravy</b> Herb WG Stuffing Spinach Red Cabbage Coleslaw Waldorf Salad	6 Vegetable Pozole Soup <b>Chicken Pozole</b> Flour Tortilla Brown Spanish Rice Pinto Beans Carrot Pineapple Salad Orange or Tangerine
9 <b>Choice of Entrée:</b> <b>Pork Loin Au Jus or</b> <b>Breaded Baked Fish</b> WG Bread / Barley Pilaf Marinated Beet & Onion Salad / Zucchini Medley Cantaloupe	10 <b>Beef Picado</b> Spanish Rice Black Beans Garden Salad w/ Carrots & Cucumber Orange / Cake	11 <b>Vegetarian Lasagna</b> WG Roll Tuscan Beans Mandarin Oranges w/ Jicama Vanilla Ice Cream	12 Cabbage & Ginger Soup <b>Sweet &amp; Sour Chicken</b> Brown Rice Broccoli Marinated Confetti Salad w/ Thousand Island Dressing Banana	13 Vegetable Barley Soup <b>Meatloaf w/ Gravy</b> WG Roll Mashed Potatoes Peas Ambrosia Salad
16 Mushroom Soup <b>BBQ Chicken</b> Corn Bread Cauliflower Mashed Sweet Potatoes Pears w/ Cinnamon	17 Lentil Soup <b>Choice of Entrée:</b> <b>Unbreaded Blacken Fish or</b> <b>Pork Loin w/ Sauce</b> WG Bread / Barley Pilaf Peas & Onions Tricolor Slaw / Banana	18 Asian Vegetable Soup <b>Chicken Chop Suey</b> Brown Rice Oriental Vegetables Chopped Asian Salad w/ Asian Dressing Cantaloupe	19 <b>Beef Stew w/ Potatoes</b> WG Roll Corn Garden Salad w/ Iceberg Cucumber & Tomatoes Orange	20 Orange Juice <b>Roast Beef w/ Gravy</b> Dinner Roll Mashed Potatoes Mixed Vegetables Green Salad Gingerbread Cake
23 Orange Juice <b>Pork Loin Adobo</b> WG Bread / Brown Rice Zucchini Medley Romaine Caesar Salad w/ Caesar Dressing / Chocolate Ice Cream	24 Chicken Cilantro Soup <b>BBQ Hamburger</b> WG Bun Macaroni Salad Mexicali Corn Broccoli Tangerine	25 <b>Closed</b> <b>Merry Christmas</b> 	26 Tomato Bisque <b>Lemon Dijon Baked Fish</b> Rice Pilaf Banana Squash Coleslaw Banana	27 Orange Juice <b>Baked Ham</b> WG Bread Sweet Potatoes Broccoli Spears Green Salad Apple Pie
30 Cream of Corn Soup <b>Tuna Sandwich</b> WG Bread Coleslaw Garden Salad Cantaloupe	31 Asian Vegetable Soup <b>Lemon Pepper Chicken</b> Brown & Wild Rice Green Beans Peas & Carrots Mandarin Orange		<b>Daily reservations are required. Call (562) 801-4400 starting at 9:00 a.m.</b>	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.