

| MONDAY | | Tuesdav | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|---|---------|---|--|---|----------|---|--------|--|
| 2 | Closed  | 3 | Turkey Lentil Stew Biscuit Peas & Onion Cooked Spinach & Kale Tangerine | 4 | Beef Lasagna Whole Grain Bread Broccoli & Cauliflower Beet & Onion Salad Applesauce | 5 | Northern Bean Soup Roast Turkey Herb WG Stuffing Tri color Coleslaw Green Beans Banana | 6 | Drive-up Grab & Go Sack Lunch 11:30 am – 12:30 pm |
| 9 | Beef Teriyaki WG Noodle Oriental Vegetables Spinach Salad w/ Shredded Brussels Sprouts Applesauce w/ Cinnamon | 10 | Oven Baked Chicken Cornbread Stuffing Cauliflower Mashed Sweet Potato Pear Vanilla Chocolate Pudding | 11 | Stuffed Bell Pepper Whole Grain Roll Zucchini Medley Carrots Creamy Cucumber Salad Kiwi | 12 | Beef Picado Corn Tortilla Black Beans Brown Spanish Rice Chopped Romaine Salad Greens w/ Corn & Radish Mandarin Oranges | 13 | Drive-up Grab & Go Sack Lunch 11:30 am – 12:30 pm |
| 16 | Closed Martin Luther King Jr. Day  | 17 | Pork Loin w/ Mustard Sauce Barley Pilaf Corn Spinach / Kale Salad w/ Tomato Apple or Applesauce | 18 | Beef Stroganoff WG Roll Egg Noodles Zucchini Medley Mesclun Mix Salad w/ Italian Dressing Cantaloupe | 19 | Baked Ziti (Turkey) Whole Grain Pasta Sourdough w/ Garlic Spread Peas & Carrots Green Beans Pineapple w/ Mango | 20 | Drive-up Grab & Go Sack Lunch 11:30 am – 12:30 pm |
| 23 | Meatloaf w/ Gravy Whole Grain Bread Mashed Potatoes Green Beans Ambrosia Salad Oatmeal Cookies | 24 | Turkey Rice Soup BBQ Chicken Whole Grain Dinner Roll Broccoli Baked Beans Pears w/ Cinnamon | 25 | Pork Loin w/ Sauce Whole Grain Bread Barley Pilaf Peas & Onions Coleslaw Banana | 26 | Mushroom Soup Hawaiian Chicken w/ Pineapple / Brown Rice Oriental Vegetables Chopped Asian Salad w/ Romaine & Green Onions Cantaloupe | 27 | Drive-up Grab & Go Sack Lunch 11:30 am – 12:30 pm |
| 30 | Lentil Soup Herb Chicken Whole Grain Penne Pasta w/ Marinara Sauce Carrots Marinated Beet Salad Tangerine | 31 | Pork Loin Apple Berry Sauce Brown Rice Zucchini / Squash Medley Romaine Caesar Salad w/ Croutons Kiwi |  | | | MEALS ARE \$5.00 FOR NON- SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED) | | |
| <p>*ALL MEALS SERVED WITH 1% LOW FAT MILK. + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older American Act of 1965 as amended.</p> | | | | | | | | | |

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