



MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
<p>MEALS ARE \$5.00 FOR NON- SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED)</p>		<p>1 Beef Stroganoff Whole Grain Roll Egg Noodles Zucchini Medley Mesclun Mix Salad w/ Italian Dressing Cantaloupe</p>	<p>2 Baked Ziti (Turkey) Whole Grain Pasta Sourdough w/ Garlic Spread Peas & Carrots Green Beans Pineapple w/ Mango</p>	<p>3 Drive-up Grab & Go Sack Lunch 11:30 am – 12:30 pm</p>
<p>6 Meatloaf w/ Gravy Whole Grain Bread Mashed Potatoes Green Beans Ambrosia Salad Oatmeal Cookies</p>	<p>7 Turkey Rice Soup BBQ Chicken Whole Grain Dinner Roll Broccoli Baked Beans Pears w/ Cinnamon</p>	<p>8 Beef Stew w/ Potatoes, Celery Whole Grain Dinner Roll Carrots Spinach Orange</p>	<p>9 Mushroom Soup Chicken Chop Suey Brown Rice Oriental Vegetables Chopped Asian Salad w/ Romaine & Green Onions Cantaloupe</p>	<p>10 Drive-up Grab & Go Sack Lunch 11:30 am – 12:30 pm</p>
<p>13 Lentil Soup Herb Chicken Whole Grain Penne Pasta w/ Marinara Sauce Carrots Marinated Beet Salad Tangerine</p>	<p>14 Pork Loin Apple Berry Sauce Brown Rice / Zucchini Squash Medley Romaine Caesar Salad w/ Croutons / Kiwi</p>	<p>15 Chicken Cilantro Soup BBQ Hamburger Whole Grain Bun Macaroni Salad / Corn Broccoli Florets Vanilla Yogurt Pear or Plum</p>	<p>16 Corned Beef Carrot & Pineapple Salad Boiled New Potatoes Steamed Cabbage  Whole Rye Bread Orange Rainbow Sherbet</p>	<p>17 Drive-up Grab & Go Sack Lunch 11:30 am – 12:30 pm</p>
<p>20 Roast Beef w/ Gravy Whole Grain Roll Mashed Potatoes Sauté Spinach Waldorf Salad Cake</p>	<p>21 Chicken Enchilada w/ Red Sauce Pinto Beans Cauliflower Chopped Salad w/ Tomato & Cucumber / Apple Sugar Cookie</p>	<p>22 Minestrone Soup Lemon Pepper Chicken Brown & Wild Rice Green Bean Almandine Iceberg, Romaine & Red Onion Salad Mandarin Orange</p>	<p>23 Spaghetti w/ Meatballs Whole Grain Spaghetti Sourdough Bread w/ Garlic Spread Broccoli Mesclun Mix Salad / Pear</p>	<p>24 Drive-up Grab & Go Sack Lunch 11:30 am – 12:30 pm</p>
<p>27 No Meal Service – Observance of Cesar Chavez Day Senior Center will be OPEN</p>	<p>28 Turkey Lentil Stew Biscuit Peas & Onion Cooked Spinach & Kale Tangerine</p>	<p>29 Beef Lasagna Whole Grain Bread Broccoli & Cauliflower Beet & Onion Salad Applesauce</p>	<p>30 Northern Bean Soup Roast Turkey Herb Whole Grain Stuffing Tri Color Coleslaw Green Beans Banana</p>	<p>31 Drive-up Grab & Go Sack Lunch 11:30 am – 12:30 pm</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