

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Split Pea Soup Baked Ziti (Turkey) WG Pasta Sourdough Bread Corn Zucchini Medley Kiwi	3	Rosemary Chicken w/ Creamy Garlic Sauce Couscous Pilaf / Chopped Salad /Apple or Applesauce Broccoli & Cauliflower Green Gelatin	4	Minestrone Soup Meatloaf w/ Gravy WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish	5	BBQ Chicken (L & T) WG Dinner Roll Carrots Baked Beans Orange	6	DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
9	Cream of Mushroom Chicken Curry Brown Rice Oriental Vegetables Chopped Asian Salad w/ Romaine & Green Onions Cantaloupe	10	Beef Stew w/ Potatoes, Celery & Onions WG Dinner Roll / Carrots Creamy Dill Cucumber Salad Orange Fruited Vanilla Yogurt	11	Lentil Soup Chicken Marsala w/ Mushroom & White Wine Sauce WG Penne Pasta / Peas & Onions /Marinated Beets Salad / Kiwi	12	Breaded Fish Flour Tortilla Brown Spanish Rice Zucchini Medley Creamy Coleslaw w/ Chipotle Dressing / Banana	13	DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
16	Vegetarian Chili w/ Barley Cornbread / Baked Potato Chopped Kale & Spinach Salad w/Tomatoes Watermelon	17	Creamy Cilantro Baked Fish / Biscuit Brown Rice Pilaf Broccoli Romain Caesar Salad w/Croutons Cantaloupe	18	Roast Beef w/ Gravy WG Roll Mashed Sweet Potatoes Collard Greens Waldorf Salad Cream Cookies	19	SENIOR CENTER & SASSFA PROGRAM CLOSED 	20	DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
23	Spaghetti w/ Meatballs Sourdough Bread w/Garlic Spread WG Spaghetti Broccoli Romaine Caesar Salad Apple or Applesauce	24	Chicken Enchilada Casserole w/ Red Sauce Black Beans Tomato & Cucumber Salad Orange	25	Cream of Broccoli Soup Fish Veracruz WG Bread Corn/Carrot Slaw Kiwi / Vanilla/Chocolate Swirl Pudding	26	Pork Loin w/ Black pepper Sauce WG Bread Stuffing Mashed Potatoes Beets & Onions Salad Watermelon	27	DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
30	Tuscan Soup Turkey & Cranberry Salad WG BREAD Garden Salad w/Vinaigrette Tri Color Coleslaw Pear					<p>MEALS ARE \$5.00 FOR NON- SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED AVAILABLE</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.