


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEALS ARE \$5.00 FOR NON- SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED AVAILABLE)</b>				<b>1</b> <b>DRIVE-UP GRAB &amp; GO SACK LUNCH (SENIOR CENTER)</b> 11:30 AM – 12:30 PM
<b>4</b> Beef Barley Soup <b>Stuffed Bell Pepper</b> Whole Grain Roll Green Bans Mashed Potato Applesauce	<b>5</b> <b>Beef Picado</b> Brown Spanish Rice Flour Tortilla / Black Beans Chopped Romaine Salad Mandarin Orange w/ Jicama	<b>6</b> Fideo Soup <b>Fish Vera Cruz</b> Barley Pilaf Fiesta Corn Garden Salad Cantaloupe	<b>7</b> <b>Oven Baked Chicken</b> WG Cornbread Stuffing Cauliflower Carrot & Raisin Salad / Peach Red Gelatin w/Fruit	<b>8</b> <b>DRIVE-UP GRAB &amp; GO SACK LUNCH (SENIOR CENTER)</b> 11:30 AM – 12:30 PM
<b>11</b> <b>Beef Lasagna</b> WG Roll Cauliflower Caesar Salad Applesauce Ice Cream	<b>12</b> Cream of Broccoli Soup <b>Shepherd's Pie</b> WG Bread Green Beans Chopped Kale & Spinach Salad Pear	<b>13</b> Tomato Soup <b>Lemon Dijon Chicken</b> Barley w/Parsley Brussel Sprouts Chopped Salad Tropical Fruit	<b>14</b> <b>Beef w/ Green Onions Stir Fry</b> Brown Rice Asian Vegetables Garden Salad Pineapple & Mango	<b>15</b> <b>DRIVE-UP GRAB &amp; GO SACK LUNCH (SENIOR CENTER)</b> 11:30 AM – 12:30 PM
<b>18</b> <b>Sweet &amp; Sour Pork</b> Barley w/Herbs Spinach Marinated Tomato & Onions / Pear Pear	<b>19</b> Lentil Soup <b>Hawaiian Chicken w/ Pineapple</b> Brown Rice /Asian Mixed Vegetable / Chopped Asian Salad w/ Romaine & Green Onions / Cantaloupe	<b>20</b> <b>Beef Stew</b> WG Dinner Roll Carrots Corn Orange Fruited Vanilla Yogurt	<b>21</b> <b>Chicken Marsala w/ Mushroom &amp; White Wine Sauce</b> WG Penne Pasta Peas Marinated beet Salad Kiwi	<b>22</b> <b>DRIVE-UP GRAB &amp; GO SACK LUNCH (SENIOR CENTER)</b> 11:30 AM – 12:30 PM
<b>25</b> Cream of Mushroom <b>BBQ Hamburger</b> WG Bun Broccoli Baked Beans Melon	<b>26</b> <b>Creamy Cilantro Baked Fish</b> WG Penne Pasta Biscuit Brussel Sprouts Spinach & Kale Salad Peach or Plum	<b>27</b> Chicken Tortilla Soup <b>Turkey &amp; Cranberry Salad</b> WG Bread Garden Salad w/Vinaigrette Coleslaw Banana	<b>28</b> <b>Roast Beef w/ Gravy</b> WG Bread Mashed Sweet Potatoes Collard Greens Mandarin Orange Green Gelatin	<b>29</b> <b>DRIVE-UP GRAB &amp; GO SACK LUNCH (SENIOR CENTER)</b> 11:30 AM – 12:30 PM
*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.				