

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Cream of Broccoli <b>Shepherd's Pie</b> WG Bread Green Beans Chopped Kale & Spinach Salad Pear	<b>2</b> Tomato Soup <b>Rosemary Chicken w/</b> <b>Creamy Garlic Sauce</b> Barley w/Parsley Brussel Sprouts Chopped Salad Tropical Fruit	<b>3</b> <b>SENIOR CENTER &amp;</b> <b>SASSFA PROGRAM</b> <b>CLOSED IN</b> <b>OBSERVANCE</b> <b>OF THE 4<sup>TH</sup> OF</b> <b>JULY HOLIDAY</b>	<b>4</b>
<b>7</b> <b>Sweet &amp; Sour Pork</b> Barley w/Herbs/ Spinach Marinated Tomato & Onion Salad/ Pear	<b>8</b> Lentil Soup <b>Chicken Curry</b> Brown Rice Asian Mixed Vegetables Chopped Asian Salad w/Romaine & Green Onions Cantaloupe	<b>9</b> <b>Beef Stew</b> WG Dinner Roll Carrots Creamy Dill Cucumber Salad Fruited Vanilla Yogurt Orange	<b>10</b> <b>Chicken Marsala w/</b> <b>Mushroom &amp; White Wine</b> <b>Sauce</b> WG Penne Pasta / Peas Marinated Beet Salad Kiwi	<b>11</b> <b>DRIVE-UP</b> <b>GRAB &amp; GO SACK</b> <b>LUNCH (SENIOR CENTER)</b> 11:30 AM – 12:30 PM
<b>14</b> Cream of Mushroom <b>BBQ Hamburger</b> WG Bun Broccoli Baked Beans Fresh Melon	<b>15</b> <b>Creamy Cilantro Baked</b> <b>Fish</b> WG Penne Pasta Biscuit Brussel Sprouts Spinach & Kale Salad Peach or Plum	<b>16</b> Chicken Tortilla Soup <b>Turkey &amp; Cranberry</b> <b>Salad</b> WG Bread Garden Salad w/Vinaigrette Coleslaw	<b>17</b> <b>Roast Beef w/ Gravy</b> WG Bread Mashed Sweet Potatoes Collard Greens Mandarin Orange Green Gelatin	<b>18</b> <b>DRIVE-UP</b> <b>GRAB &amp; GO SACK</b> <b>LUNCH (SENIOR CENTER)</b> 11:30 AM – 12:30 PM
<b>21</b> Turkey Rice Soup <b>Tuna Sandwich</b> WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Applesauce	<b>22</b> <b>Spaghetti w/ Meatballs</b> WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad w/Croutons Banana	<b>23</b> <b>Chicken Enchilada</b> <b>Casserole</b> WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange Sherbet	<b>24</b> Cabbage & Tomato Soup <b>Lemon Pepper Fish</b> WG Roll Green Beans Corn Kiwi	<b>25</b> <b>DRIVE-UP</b> <b>GRAB &amp; GO SACK</b> <b>LUNCH (SENIOR CENTER)</b> 11:30 AM – 12:30 PM
<b>28</b> Northern Bean Soup <b>Beef Chili Mac</b> WG Spiral Pasta Peas & Onions Chopped Spinach & Kale Salad / Pear	<b>29</b> <b>Roast Pork w/ Mustard</b> <b>Sauce</b> WG Bread /Couscous Steamed Cabbage Waldorf Salad	<b>30</b> Butternut Squash Soup <b>Turkey a la king</b> WG Pasta Biscuit / Cauliflower Marinated Beet Salad w/Onions Seasonal Fresh Fruit	<b>31</b> <b>Meatloaf w/ Red Sauce</b> WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish	<b>MEALS ARE</b> <b>\$5.00 FOR</b> <b>NON- SENIORS</b> <b>(ONLY IF MEALS ARE</b> <b>AVAILABLE AFTER</b> <b>SENIORS ARE</b> <b>SERVED AVAILABLE</b>

\*ALL MEALS SERVED WITH 1% LOW FAT MILK. + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.

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