


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SENIOR CENTER & NUTRITION CLOSED 	2 Spaghetti w/ Meatballs WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad Banana	3 Chicken Enchilada Casserole Black Beans Creamy Cucumber Salad Orange Sherbet	4 Brown Bag Lunch Turkey Sandwich	5 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
8 Northern Beans Beef Chili Mac WG Spiral Pasta Peas & Onions Chopped Spinach & Kale Salad & Pear	9 Herb Baked Fish w/ Dill Sauce WG Bread / Couscous Steamed Cabbage Waldorf Salad / Cookie	10 Butternut Squash Soup Turkey a la King WG Pasta / Biscuits Cauliflower / Marinated Beet Salad w/ Onions Fresh Fruit	11 Meatloaf w/ Red Sauce WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/ Coconut Garnish	12 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
15 Beef Barley Soup Stuffed Bell Pepper WG Roll Mashed Potato Green Beans Applesauce	16 Chicken Pozole WG Corn Tortilla Hominy Shredded Cabbage w/ Lime Fresh Fruit Arroz con Leche	17 Fideo Soup Tuna Salad WG Bread Potato Salad Garden Salad Cantaloupe	18 Oven Baked Chicken WG Cornbread Stuffing Cauliflower Carrot & Raisin Salad Peach Red Gelatin w/ Fruit	19 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
22 Beef Lasagna Whole Grain Roll Cauliflower Caesar Salad Applesauce Ice Cream	23 Cream of Broccoli Soup Shepherd's Pie WG Bread / Greens Beans Mashed Potato Chopped Kale & Spinach Salad / Pear	24 Tomato Soup Rosemary Chicken w/ Creamy Garlic Sauce Barley w/ Parsley Brussels Sprouts Chopped Salad Tropical Fruit	25 Beef Teriyaki Brown Rice Asian Vegetables Garden Salad Pineapple & Mango Cake	26 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
29 Sweet & Sour Pork Barley w/ Herbs / Spinach Marinated Tomato & Onion Salad/ Pear	30 Lentil Soup Chicken Curry Brown Rice Asian Mixed Vegetables Chopped Asian Salad w/ Romaine & Green Onions Cantaloupe			MEALS ARE \$5.00 FOR NON- SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED AVAILABLE)

*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.