Senior Service	es PICO RIVERA	A SENIOR CENTER Congregate	Nutrition Site	June 2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Rosemary Chicken w/	4	5	6	7
Creamy Garlic Sauce	Meatloaf w/ Gravy	Turkey Rice Soup	Garlic Butter Fish	DRIVE-UP
Brown Rice	WG Bread	BBQ Chicken (L & T)	Biscuit	GRAB & GO SACK
California Mix	Mashed Potatoes	WG Dinner Roll	Barley Pilaf	LUNCH
Chopped Salad	Green Beans	Broccoli	Peas / Tricolor Slaw	(SENIOR CENTER)
Apple or Applesauce	Ambrosia Salad	Baked Beans	Banana	11:30 AM – 12:30 PM
Red Manhattan Gelatin		Pear or Pears w/Cinnamon		
10 Beef Stew w/	11 Lentil Soup	12	13	14
Potatoes, Celery, Onion	Chicken Marsala w/	Pork Loin Apple Berry		
WG Dinner Roll	Mushroom & White Wine	Sauce	Brown Bag Lunch	
Carrots	Sauce	Brown Rice	Turkey Sandwich	
Garden Salad w/ Iceberg,	WG Penne Pasta / Peas &	Zucchini Medley		
Cucumber & Tomatoes	Onions / Marinated Beet	Romaine Caesar Salad	Friday, 6/14 Meal Pick-up	
Orange	Salad / Kiwi	w/Croutons / Tangerine		
17 Tomato Bisque	18	19 All Sites are Closed	20 Split Peas Soup	21
Lemon Dijon Baked Fish	Roast Beef w/ Gravy	A STATE OF THE STA	Chicken Salad	DRIVE-UP
Rice Pilaf	WG Roll	IUNETEENTH	WG Roll	GRAB & GO SACK
Zucchini Medley	Mashed Potatoes	et or	Three Bean Salad	LUNCH
Coleslaw	Collard Green	Celebrate Freedom	Iceberg, Romaine,	(SENIOR CENTER)
Banana	Waldorf Salad	JUNE 19	Bell Pepper & Red Onion	11:30 AM – 12:30 PM
	Oatmeal Cookie		Mandarin Orange	
24	25 Cream of Broccoli Soup	26 Northern Bean Soup	27	28
Chicken Enchilada Casserole	Creole Fish	Swedish Meatballs	Beef Lasagna	DRIVE-UP
w/ Red Sauce	WG Bread	WG Roll	WG Bread	GRAB & GO SACK
Brown Rice / Cauliflower	Zucchini Medley	Mashed Potatoes	Broccoli	LUNCH
Chopped Salad w/ Tomato	Carrots	Cooked Spinach & Kale	Beet & Onion Salad	(SENIOR CENTER)
& Cucumber	Kiwi	Tangerine	Watermelon	11:30 AM – 12:30 PM
Applesauce with Cinnamon	Vanilla Ice Cream			
*				MEALS ARE
			Withins you a	\$5.00 FOR
	=(\(\))-	_* 🔆	Happy	NON- SENIORS
	6	1 500 e		(ONLY IF MEALS ARE
	'' '			AVAILABLE AFTER
			Davi %	SENIORS ARE

*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.