

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEALS ARE \$5.00 FOR NON- SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED AVAILABLE</b></p>			<p><b>1 Chicken Mole ( L &amp; T)</b> Spanish Brown Rice Pinto Beans Corn Relish Salad Kiwi Rainbow Sherbet</p>	<p><b>2 DRIVE-UP GRAB &amp; GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</b></p>
<p><b>5 Beef Picado</b> Flour Tortilla Black Beans Brown Spanish Rice Chopped Romaine Salad Mandarin Oranges w/Jicama</p>	<p><b>6 Cream of Mushroom Soup</b> <b>Tuna Salad</b> WG Bread Potato Salad Garden Salad w/ Red Onion Cantaloupe</p>	<p><b>7 Oven Baked Chicken ( L &amp; T )</b> Cornbread Stuffing Peas &amp; Onions Carrot &amp; Raisin Salad Kiwi</p>	<p><b>8 Corn Chowder Soup</b> <b>Swedish Meatballs</b> WG Bread Mashed Potatoes Chopped Spinach &amp; Kale Applesauce</p>	<p><b>9 DRIVE-UP GRAB &amp; GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</b></p>
<p><b>12 Split Pea Soup</b> <b>Baked Ziti ( Turkey )</b> WG Pasta Sourdough Bread Corn Zucchini Medley Kiwi</p>	<p><b>13 Rosemary Chicken w/ Creamy Garlic Sauce</b> Couscous Pilaf Broccoli &amp; Cauliflower Chopped Salad Apple or Applesauce Green Gelatin</p>	<p><b>14 Tomato Soup</b> <b>Meatloaf w/ Gravy</b> WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish</p>	<p><b>15 BBQ Chicken (L &amp; T)</b> WG Dinner Roll Carrots Baked Beans Orange</p>	<p><b>16 DRIVE-UP GRAB &amp; GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</b></p>
<p><b>19 Chicken Cilantro Soup</b> <b>BBQ Hamburger</b> WG Bun Broccoli Macaroni Salad Plum or Pear</p>	<p><b>20 Beef Stew w/ Potatoes, Celery , Onion</b> WG Dinner Roll Carrots Creamy Dill Cucumber Salad Orange Fruited Vanilla Yogurt</p>	<p><b>21 Lentil Soup</b> <b>Chicken Marsala w/ Mushroom &amp; White Wine</b> Sauce / WG Penne Pasta Peas &amp; Onions Marinated Beet Salad Kiwi</p>	<p><b>22 Breaded Fish</b> Flour Tortilla (1) Brown Spanish Rice Zucchini Medley Creamy Coleslaw w/Chipotle Dressing /Banana</p>	<p><b>23 DRIVE-UP GRAB &amp; GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</b></p>
<p><b>26 Vegetarian Chili w/ Barley</b> Cornbread / Baked Potato Chopped Kale &amp; Spinach Salad w/ Tomatoes / Watermelon</p>	<p><b>27 Creamy Cilantro Baked Fish</b> Biscuit Brown Rice Pilaf Broccoli Romaine Caesar Salad w/ Croutons / Kiwi</p>	<p><b>28 Roast Beef w/ Gravy</b> WG Roll Mashed Sweet Potatoes Collard Green Waldorf Salad Vanilla Wafer</p>	<p><b>29 Fideo Soup</b> <b>Chicken Salad Bowl</b> WG Roll Garden Salad Garbanzo Bean w/Red Onion, Celery &amp; Tomato Mandarin Oranges</p>	<p><b>30 DRIVE-UP GRAB &amp; GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</b></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.