

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEALS ARE \$5.00 FOR NON- SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED AVAILABLE</p>		<p>1</p> 	<p>2</p> <p>SENIOR CENTER CLOSED</p>	<p>3</p> <p>SENIOR CENTER CLOSED</p>
<p>6 Spaghetti w/ Meatballs Sourdough Bread WG Spaghetti Broccoli Romaine Caesar Salad Apple or Applesauce</p>	<p>7</p> <p>Chicken Enchilada Casserole w/ Red Sauce Black Beans Tomato & Cucumber Salad Orange</p>	<p>8 Cream of Broccoli Soup Fish Vera Cruz WG Bread / Corn Carrot Slaw / Kiwi Vanilla Chocolate Swirl Pudding</p>	<p>9 Pork Loin w/ Black Peppercorn sauce WG Bread Stuffing Mashed Potatoes Beet & Onion Salad Peaches</p>	<p>10</p> <p>DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</p>
<p>13</p> <p>Tuscan Soup Roast Turkey Herb Stuffing Green Beans Tricolor Coleslaw Pear</p>	<p>14</p> <p>Chicken Mole (L & T) Spanish Brown Rice Pinto Beans Corn Relish Salad Kiwi Rainbow Sherbet</p>	<p>15 Butternut Squash Soup Roast Pork w/ Mustard Sauce WG Bread Pasta Collard Greens Waldorf Salad Orange</p>	<p>16</p> <p>Beef Teriyaki Brown Rice Asian Vegetables Chopped Spinach Salad w/Shredded Brussels Sprouts Applesauce w/Cinnamon</p>	<p>17</p> <p>DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</p>
<p>20</p> <p>SENIOR CENTER & SASSFA MEAL PROGRAM Closed Martin Luther King Jr. Day</p>	<p>21 Cream of Mushroom Soup Ginger Fish WG Roll / Barley Pilaf Fiesta Corn / Garden Salad w/ Red Onion Cantaloupe</p>	<p>22</p> <p>Oven Baked Chicken (L & T) Cornbread Stuffing Peas & Onions Carrot & Raisin Salad Kiwi</p>	<p>23 Corn Chowder Soup Turkey Meatloaf WG Bread Mashed Potatoes Chopped Spinach & Kale Applesauce</p>	<p>24</p> <p>DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</p>
<p>27 Rosemary Chicken w/ Creamy Garlic Sauce Couscous Pilaf Broccoli & Cauliflower Chopped Salad Apple or Applesauce Green Gelatin</p>	<p>28 Split Pea Soup Baked Ziti (Turkey) WG Pasta Sourdough Bread Corn Zucchini Medley Kiwi</p>	<p>29 Teriyaki Chicken WG Roll / White Rice Asian Mixed Vegetables Asian Cucumber Salad Orange or Mandarin Almond Cookies or Fortune Cookie</p>	<p>30 Tomato Soup Meatloaf W/ Gravy WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/ Coconut Garnish</p>	<p>31</p> <p>DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</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.