

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 Chicken Enchilada Casserole w/ Red Sauce Black Beans Tomato & Cucumber Salad Orange</p>	<p>2 Northern Bean Soup Beef Stroganoff WG Bread Egg Noodle Zucchini Medley / Chopped Spinach & Kale Salad Tangerine</p>	<p>3 Pork Loin w/ Black Peppercorn Sauce WG Bread Stuffing Mashed Potatoes Beet & Onion Salad Peaches</p>	<p>4 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</p>
<p>7 Tuscan Soup Roast Turkey Herb Stuffing Green Beans Tricolor Coleslaw Pear</p>	<p>8 Beef Teriyaki Brown Rice Asian Vegetables Chopped Spinach Salad w/Shredded Brussels Sprouts Applesauce w/Cinnamon</p>	<p>9 Butternut Squash Soup Roast Pork w/ Mustard Sauce WG Bread Pasta Collard Greens Waldorf Salad Orange</p>	<p>10 Chicken Mole (L & T) Spanish Brown Rice Pinto Beans Corn Relish Salad Kiwi Rainbow Sherbet</p>	<p>11 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</p>
<p>14 Beef Picado Flour Tortilla Black Beans Brown Spanish Rice Chopped Romaine Salad Mandarin Oranges w/Jicama</p>	<p>15 Oven Baked Chicken (L & T) Peas & Onions Carrots Raisin Salad WG Cornbread Stuffing Kiwi</p>	<p>16 Beef Lasagna WG Roll Zucchini Medley Broccoli Slaw Tropical Fruit</p>	<p>17 ! Glazed Ham! WG Roll Baked Sweet Potato Green Beans Spinach Salad w/ Raspberry Vinaigrette / Melon Wedges Rainbow Sherbet</p>	<p>18 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</p>
<p>21 Split Pea Soup Baked Ziti (Turkey) WG Pasta Sourdough Bread Corn Zucchini Medley Kiwi</p>	<p>22 Rosemary Chicken w/ Creamy Garlic Sauce Couscous Pilaf / Dinner Roll Broccoli & Cauliflower Chopped Salad Apple or Applesauce Green Gelatin</p>	<p>23 Minestrone Soup Meatloaf w/ Gravy WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish</p>	<p>24 BBQ Chicken WG Dinner Roll Carrots Baked Beans Orange</p>	<p>25 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM</p>
<p>28 Cream of Mushroom Hawaiian Chicken w/ Pineapple Brown Rice / Oriental Vegetables /Chopped Asian Salad w/Romaine & Green Onions / Cantaloupe</p>	<p>29 Beef Stew w/ Potatoes, Celery, & Onion WG Dinner Roll /Carrots Creamy Dill Cucumber Salad / Orange Fruited Vanilla Yogurt</p>	<p>30 Lentil Soup Chicken Marsala w/ Mushroom & White Wine Sauce WG Penne Pasta Peas & Onions Marinated Beet Salad / Kiwi</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.