

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1	2	3	
		Winter Confetti Salad: Kale, Romaine, Chicken, Red Onion, Cranberries, Quinoa, Feta, Balsamic Vinaigrette Apple	Turkey Chili Baked Potato Carrots Mixed Fruit Cup Whole Grain Roll	Frozen Meal Strawberries Whole Grain Bread	
	6	7	8	9	10
	Split Pea Soup Mediterranean Pasta Salad: Chicken, Romaine, Bowties, Cucumber, Bell Pepper, Garbanzo Beans, Italian Dressing Mango Papaya Whole Grain Roll	Pork Chop with Gravy Roasted Potatoes Butternut Squash Banana Grape Juice Whole Grain Bread	Roast Beef & Cheese Lettuce & Tomato Carrot Slaw Orange Whole Grain Bread	Orange Chicken Snap Peas Brown Rice Cantaloupe	Frozen Meal Pineapple Cup Apple Juice Whole Grain Corn Muffin
	13	14	15	16	17
7 Bean Soup Turkey & Cheese Lettuce & Tomato Coleslaw Apple Whole Grain Bread	Whole Grain Spaghetti & Meatballs Cauliflower Mixed Berries	Chinese Chicken Salad: Cabbage, Chicken, Green Onion, Cilantro, Mandarin, Noodles Sesame Dressing Pear Whole Grain Roll	Baked Salmon with Mango Salsa Fresh Zucchini Cilantro Lime Quinoa Peaches	Frozen Meal Banana Whole Grain Bread	
20	21	22	23	24	
Vegetable Tortilla Soup Santa Fe Salad: Beef Spring Mix, Black Beans, Corn, Bell Pepper, Ranch Dressing Kiwi Whole Grain Bread	Baked Chicken with Gravy Butternut Squash Wild Rice Mango & Papaya	Turkey & Cheese Lettuce & Tomato Dill Pea Salad Cantaloupe Whole Grain Bread	Chicken Tostada Pinto Beans Spanish Brown Rice Orange Corn Tortillas	Frozen Meal Apple Whole Grain Bread	
27	28	29	30	31	
<div>Closed</div> <div>Memorial Day</div> <div></div>	Pork Tenderloin with Gravy Sweet Potato Zucchini Banana Whole Grain Roll	Salmon Salad: Romaine, Cucumber, Shredded Carrot, Salmon, Quinoa Italian Dressing Mango & Papaya Whole Grain Roll	BBQ Beef Sandwich Roasted Potatoes Peas Mandarin Cup Whole Grain Bun	Frozen Meal Pear Whole Grain Corn Muffin	

☺ Milk Served with every meal ☺

♦Menu Subject to Change Without Notice♦

The Senior Nutrition Program is funded, in part or in whole, by the Los Angeles County Department of Aging & Disabilities

Meals served at 11AM - 12PM at the following locations:

Joslyn Adult Center
 1301 W Olive Ave
 818.238.5357

McCambridge Recreation Center
 1515 N Glenoaks Blvd
 818.238.5365

Tuttle Center
 1731 N Ontario St
 818.238.5367