

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Dolores Huerta Day No Lunch Served</p>	<p>Spring Lunch</p>			
<p>1</p> <p>Baked Ham with Pineapple Sauce Sweet Potato Green Beans Peaches Whole Grain Roll</p>	<p>2</p> <p>Baked Chicken with Gravy Butternut Squash Wild Rice Mango & Papaya</p>	<p>3</p> <p>Chinese Chicken Salad: Cabbage, Chicken, Green Onion, Cilantro, Mandarin, Noodles Sesame Dressing Pear Whole Grain Roll</p>	<p>4</p> <p>Baked Salmon with Mango Salsa Fresh Zucchini Cilantro Lime Quinoa Peaches</p>	<p>5</p> <p>Frozen Meal Banana Whole Grain Bread</p>
<p>8</p> <p>Vegetable Tortilla Soup Santa Fe Salad: Beef Spring Mix, Black Beans, Corn, Bell Pepper, Ranch Dressing Kiwi Whole Grain Bread</p>	<p>9</p> <p>Turkey & Cheese Lettuce & Tomato Dill Pea Salad Cantaloupe Whole Grain Bread</p>	<p>10</p> <p>Chicken Tostada Pinto Beans Spanish Brown Rice Orange Corn Tortillas</p>	<p>11</p> <p>Frozen Meal Apple Whole Grain Bread</p>	<p>12</p> <p>Frozen Meal Pear Whole Grain Corn Muffin</p>
<p>15</p> <p>7 Bean Soup Chicken Salad Spinach & Tomato Coleslaw Orange Whole Grain Crackers</p>	<p>16</p> <p>Pork Tenderloin with Gravy Sweet Potato Zucchini Banana Whole Grain Roll</p>	<p>17</p> <p>Salmon Salad: Romaine, Cucumber, Shredded Carrot, Salmon, Quinoa Italian Dressing Mango & Papaya Whole Grain Roll</p>	<p>18</p> <p>BBQ Beef Sandwich Roasted Potatoes Peas Mandarin Cup Whole Grain Bun</p>	<p>19</p> <p>Frozen Meal Mango</p>
<p>22</p> <p>Beef Barley Soup Chef Salad: Romaine, Turkey, Egg, Carrot, Bell Pepper, Cheese Ranch Dressing Pear</p>	<p>23</p> <p>Chicken Parmesan over Whole Grain Spaghetti Broccoli Peaches Garlic Bread</p>	<p>24</p> <p>Egg Salad Spinach & Tomato Coleslaw Banana Whole Grain Bun</p>	<p>25</p> <p>Pork Carnitas Onion & Cilantro Pinto Beans Spanish Rice Orange Whole Grain Tortilla Salsa Verde</p>	<p>26</p> <p>Frozen Meal Mango</p>
<p>29</p> <p>Lentil Soup Tuna Salad Spring Mix Tomato Beet Salad Orange Whole Grain Bun</p>	<p>30</p> <p>Pepper Steak Sandwich Corn Cantaloupe Whole Grain Hoagie</p>			

☺ 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