



MARCH 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Frozen Meal Apple Whole Grain Bread
4	5	6	7	8
7 Bean Soup Chicken Salad Spinach & Tomato Coleslaw Orange Whole Grain Crackers	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
11	12	13	14	15
Beef Barley Soup Chef Salad: Romaine, Turkey, Egg, Carrot, Bell Pepper, Cheese Ranch Dressing Pear	Chicken Parmesan over Whole Grain Spaghetti Broccoli Peaches Garlic Bread	Egg Salad Spinach & Tomato Coleslaw Banana Whole Grain Bun	Corned Beef Red Potatoes Sauteed Cabbage Strawberries Whole Grain Roll St. Patrick's Day Lunch	Frozen Meal Mango
18	19	20	21	22
Lentil Soup Tuna Salad Spring Mix Tomato Beet Salad Orange Whole Grain Bun	Pepper Steak Sandwich Corn Cantaloupe Whole Grain Hoagie	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
25	26	27	28	29
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

☺ 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 are served at 11 AM - 12 PM at the following locations:

Joslyn Adult Center
1301 W Olive Ave

McCambridge Recreation Center
1515 N Glenoaks Blvd

Tuttle Center
1731 N Ontario St