



# DECEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fish Creole Red Beans Coleslaw Whole Grain Tortilla Peach or Plum	3 Chicken Dijon Herb Zucchini Carrots - HDM only Kale Chopped Salad Whole Grain Roll Seasonal Fruit	4 Stuffed Bell Pepper Mixed Vegetables Green Peas - HDM only Green Salad Dinner Roll Orange Juice	5 Tuscan Bean Stew Roasted Cauliflower Spinach Salad Whole Grain Roll Orange	6 Korean BBQ Zucchini Herbed Brown Rice Pineapple
9 Beef Stew Mashed Potatoes Brussels Sprouts Orange Whole Grain Roll	10 Turkey Stir Fry over Lo Mein Noodles Asian Vegetable Blend Green Peas - HDM only Cabbage Cucumber Salad Whole Grain Bread Poached Ginger Pear	11 Carribbean Chicken Corn Brown Rice Carrot Salad	12 Turkey Bolognese over Whole Grain Pasta Squash Cauliflower Caesar Salad Apple Melon Cup Orange Juice	13 Frozen Meal Peach or Plum Whole Grain Bread
16 Southwest Chicken Pinto Beans Yellow Squash - HDM only Shredded Cabbage Whole Grain Tortilla Peaches	17 Shepard's Pie Carrots Corn - HDM only Mixed Green Salad Whole Grain Roll Kiwi	18 Baked Fish Green Beans Spinach Salad Barley with Herbs Mixed Berry Parfait	19 Cashew Chicken Green Peas Beet & Mandarin Salad Brown Rice Seasonal Fruit	20 Frozen Meal Cantaloupe or Orange
23 Hot Turkey Sandwich Green Beans Mashed Potatoes Spinach Salad Dried Cranberries Orange Juice	24 Baked Pollock OR Vegetable Quiche Mixed Vegetables Green Peas - HDM only Broccoli Salad Whole Grain Bread Applesauce	25 <b>No Lunch Served Christmas Day</b> 	26 Tamale Pie Black Beans Mesclun Salad Pineapple Mango Cup	27 Frozen Meal Orange Whole Grain Bread
30 Chicken or Pork Adobo Green Peas Brown Rice Mesclun Salad Pineapple Mango Cup	31 Turkey Milanese over Pesto Linguine Cauliflower & Zucchini Carrot Raisin Salad Orange <b>New Year's Eve</b>			

☺ Milk Served with every meal ☺

◆Menu Subject to Change Without Notice◆

This calendar reflects the day meals are prepared. All components are to be consumed within two days of preparation. 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