



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Minestrone Soup Steak Salad: arugula, beef, cherry tomato, red onion, quinoa, feta, balsamic vinaigrette Strawberries</p>	<p>2</p> <p>Chicken Jambalaya Corn Brown Rice Kiwi</p>	<p>3</p> <p>Vegetable Frittata Butternut Squash Whole Grain Bread Pineapple</p>	<p>4</p> <p>CLOSED INDEPENDENCE DAY</p> 	<p>5</p> <p>Frozen Meal Whole Grain Bread Mandarin</p>
<p>8</p> <p>Lentil Soup Tuna Salad over Spring Mix Cucumber Dill Salad Whole Grain Bread Apricots Grape Juice</p>	<p>9</p> <p>Sweet & Sour Pork over Whole Grain Noodles Orange</p>	<p>10</p> <p>Beef Stew Polenta Mango Papaya</p>	<p>11</p> <p>Moroccan Chicken Stewed Chickpeas Couscous Kiwi</p>	<p>12</p> <p>Frozen Meal Cantaloupe</p>
<p>15</p> <p>Tomato Soup Egg Salad Lettuce & Tomato Kale & Brussels Slaw Whole Grain Bread Apple</p>	<p>16</p> <p>Meatloaf with Gravy Sweet Potato Broccoli & Cauliflower Whole Grain Bread Blueberries</p>	<p>17</p> <p>Orange Chicken Snap Peas Brown Rice Cantaloupe</p>	<p>18</p> <p>Fish Tacos with Mango Salsa Citrus Slaw Black Beans Corn Tortillas Raisins</p>	<p>19</p> <p>Frozen Meal Whole Grain Bread Pear</p>
<p>22</p> <p>Butternut Squash Soup Roast Beef & Cheese Romaine & Tomato Beet Salad Whole Grain Bread Pineapple</p>	<p>23</p> <p>Mushroom Chicken Mashed Potatoes Carrots Whole Grain Cornbread Banana</p>	<p>24</p> <p>Pork Chile Verde Pinto Beans Zucchini Whole Grain Tortilla Tangerine</p>	<p>25</p> <p>Baked Ziti Broccoli Apple</p>	<p>26</p> <p>Frozen Meal Banana Grape Juice</p>
<p>29</p> <p>Egg Drop Soup Chinese Chicken Salad: cabbage, edamame, cilantro, green onion, mandarin, sesame dressing Whole Grain Bread Mango</p>	<p>30</p> <p>Baked Fish Butternut Squash Barley Kiwi</p>	<p>31</p> <p>Beef Stroganoff over Whole Grain Pasta Peas Mandarin</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