

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		No Lunch Served 	1 Beef Stir Fry Asian Vegetable Blend Brown Rice Beet Salad Cantaloupe or Tangerine	2 3 Frozen Meal Pear Whole Grain Bread
6 Spaghetti & Meat Sauce Broccoli Green Beans Caesar Salad Pear or Peach Orange Juice	7 Beef Fajitas Pinto Beans Corn Green Salad Pineapple Mango Cup	8 Mediterranean Chicken Roasted Vegetables Brown Rice Lentil Salad Pita Bread Cantaloupe or Tangerine	9 Baked Fish with Dijon Herb Roasted Potatoes Green Peas Creamy Coleslaw Whole Grain Roll Applesauce	10 Frozen Meal Banana Grape Juice Whole Grain Bread
13 Fish Creole Red Beans Coleslaw Whole Grain Tortilla Peach or Plum	14 Chicken Dijon Herb Zucchini Carrots Kale Chopped Salad Whole Grain Roll Seasonal Fruit	15 Stuffed Bell Pepper Mixed Vegetables Green Peas Green Salad Dinner Roll Orange Juice	16 Tuscan Bean Stew Roasted Cauliflower Spinach Salad Whole Grain Roll Orange	17 Frozen Meal Apple Whole Grain Bread
No Lunch Served MLK Jr. Holiday 	21 Turkey Stir Fry over Lo Mein Noodles Asian Vegetable Blend Green Peas Cabbage Cucumber Salad Whole Grain Bread Poached Ginger Pear	22 Carribbean Chicken Corn Brown Rice Carrot Salad	23 Turkey Bolognese over Whole Grain Pasta Squash Cauliflower Caesar Salad Apple Melon Cup Orange Juice	24 Frozen Meal Cantaloupe Whole Grain Bread
27 Southwest Chicken Pinto Beans Yellow Squash Shredded Cabbage Whole Grain Tortilla Peaches	28 Shepard's Pie Carrots Corn Mixed Green Salad Whole Grain Roll Kiwi	29 Baked Fish Green Beans Spinach Salad Barley with Herbs Mixed Berry Parfait	30 Cashew Chicken Green Peas Beet Salad Brown Rice Seasonal Fruit	Frozen Meal Mandarin Whole Grain Bread

☺ 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

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