


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Turkey Sandwich Green Beans Mashed Potatoes Spinach Salad Dried Cranberries Orange Juice	4 Baked Pollock OR Vegetable Quiche Mixed Vegetables Green Peas - HDM only Broccoli Salad Whole Grain Bread Applesauce	5 BBQ Chicken Sweet Potato Brown Rice Coleslaw Peach or Pear	6 Tamale Pie Black Beans Mesclun Salad Pineapple Mango Cup	7 Frozen Meal Cantaloupe
10 Chicken or Pork Adobo Green Peas Brown Rice Mesclun Salad Pineapple Mango Cup	11 Turkey Milanese over Pesto Linguine Cauliflower & Zucchini Carrot Raisin Salad Orange	12 Salmon in Dill Sauce Green Beans Black Beans - HDM only Mixed Green Salad Whole Grain Roll Applesauce	13 Beef Stir Fry Asian Vegetable Blend Brown Rice Beet Salad Cantaloupe or Tangerine	14 Frozen Meal Pear Whole Grain Bread
17 No Lunch Served President's Day 	18 Beef Fajitas Pinto Beans Corn Green Salad Whole Grain Tortilla Pineapple Mango Cup	19 Mediterranean Chicken Roasted Vegetables Brown Rice Lentil Salad Pita Bread Cantaloupe or Tangerine	20 Baked Fish with Dijon Herb Roasted Potatoes Green Peas Creamy Coleslaw Whole Grain Roll Applesauce	21 Frozen Meal Banana Grape Juice Whole Grain Bread
24 Fish Creole Red Beans Coleslaw Whole Grain Tortilla Peach or Plum	25 Chicken Dijon Herb Zucchini Carrots Kale Chopped Salad Whole Grain Roll Seasonal Fruit	26 Stuffed Bell Pepper Mixed Vegetables Green Peas Green Salad Dinner Roll Orange Juice	27 Tuscan Bean Stew Roasted Cauliflower Spinach Salad Whole Grain Roll Orange	28 Frozen Meal Apple 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

Meals served 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