

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No Lunch Served New Year's Day 	2 Pork Chop with Gravy Roasted Potatoes Butternut Squash Banana Grape Juice Whole Grain Bread	3 Roast Beef & Cheese Lettuce & Tomato Carrot Slaw Orange Whole Grain Bread	4 Orange Chicken Snap Peas Brown Rice Cantaloupe	5 Frozen Meal Pineapple Cup Apple Juice Whole Grain Corn Muffin
8 7 Bean Soup Turkey & Cheese Lettuce & Tomato Coleslaw Apple Whole Grain Bread	9 Whole Grain Spaghetti & Meatballs Cauliflower Mixed Berries	10 Chinese Chicken Salad: Cabbage, Chicken, Green Onion, Cilantro, Mandarin, Noodles Sesame Dressing Pear Whole Grain Roll	11 Baked Salmon with Mango Salsa Fresh Zucchini Cilantro Lime Quinoa Peaches	12 Frozen Meal Banana Whole Grain Bread
15 No Lunch Served MLK Jr. Holiday 	16 Baked Chicken with Gravy Butternut Squash Wild Rice Mango & Papaya	17 Turkey & Cheese Lettuce & Tomato Dill Pea Salad Cantaloupe Whole Grain Bread	18 Chicken Tostada Pinto Beans Spanish Brown Rice Orange Corn Tortillas	19 Frozen Meal Apple Whole Grain Bread
22 7 Bean Soup Chicken Salad Spinach & Tomato Coleslaw Orange Whole Grain Crackers	23 Pork Tenderloin with Gravy Sweet Potato Zucchini Banana Whole Grain Roll	24 Salmon Salad: Romaine, Cucumber, Shredded Carrot, Salmon, Quinoa Italian Dressing Mango & Papaya Whole Grain Roll	25 BBQ Beef Sandwich Roasted Potatoes Peas Mandarin Cup Whole Grain Bun	26 Frozen Meal Pear Whole Grain Corn Muffin
29 Beef Barley Soup Chef Salad: Romaine, Turkey, Egg, Carrot, Bell Pepper, Cheese Ranch Dressing Pear	30 Chicken Parmesan over Whole Grain Spaghetti Broccoli Peaches Garlic Bread	31 Egg Salad Spinach & Tomato Coleslaw Banana Whole Grain Bun	Pork Carnitas Onion & Cilantro Pinto Beans Spanish Rice Orange Whole Grain Tortilla Salsa Verde	

The Senior Nutrition Program is funded, in part or in whole, by the Los Angeles County Department of Aging & Disabilities

■ denotes Choice Day

☺ Milk Served with every meal ☺

*denotes Low Sodium

Meals served at 11:15 a.m. 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