

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Barley Soup Chef Salad: Romaine, Turkey, Egg, Carrot, Bell Pepper, Cheese Ranch Dressing Pear	4 Chicken Parmesan over Whole Grain Spaghetti Broccoli Peaches Garlic Bread	5 Egg Salad Spinach & Tomato Coleslaw Banana Whole Grain Bun	6 Pork Carnitas Onion & Cilantro Pinto Beans Spanish Rice Orange Whole Grain Tortilla Salsa Verde	7 Frozen Meal Mango
10 Lentil Soup Tuna Salad Spring Mix Tomato Beet Salad Orange Whole Grain Bun	11 Pepper Steak Sandwich Corn Cantaloupe Whole Grain Hoagie	12 Winter Confetti Salad: Kale, Romaine, Chicken, Red Onion, Cranberries, Quinoa, Feta, Balsamic Vinaigrette Apple	13 Turkey Chili Baked Potato Carrots Mixed Fruit Cup Whole Grain Roll	14 Frozen Meal Strawberries Whole Grain Bread
17 Split Pea Soup Mediterranean Pasta Salad: Chicken, Romaine, Bowties, Cucumber, Bell Pepper, Garbanzo Beans, Italian Dressing Mango Papaya Whole Grain Roll	18 Pork Chop with Gravy Roasted Potatoes Butternut Squash Banana Grape Juice Whole Grain Bread	19 <div>Closed</div> <div>JUNETEENTH</div> 	20 Orange Chicken Snap Peas Brown Rice Cantaloupe	21 Frozen Meal Pineapple Cup Apple Juice Whole Grain Corn Muffin
24 7 Bean Soup Turkey & Cheese Lettuce & Tomato Coleslaw Apple Whole Grain Bread	25 Whole Grain Spaghetti & Meatballs Cauliflower Mixed Berries	26 Chinese Chicken Salad: Cabbage, Chicken, Green Onion, Cilantro, Mandarin, Noodles Sesame Dressing Pear Whole Grain Roll	27 Baked Salmon with Mango Salsa Fresh Zucchini Cilantro Lime Quinoa Peaches	28 Frozen Meal Banana Whole Grain Bread
<div>New Intake Forms are due by July 31, 2024</div>				
<div>☺ Milk Served with every meal ☺</div> <div>♦Menu Subject to Change Without Notice♦</div> <div>The Senior Nutrition Program is funded, in part or in whole, by the Los Angeles County Department of Aging & Disabilities</div>				
<div>Meals served at 11AM - 12PM at the following locations:</div> <div><div>Joslyn Adult Center 1301 W Olive Ave 818.238.5357</div><div>McCambridge Recreation Center 1515 N Glenoaks Blvd 818.238.5365</div><div>Tuttle Center 1731 N Ontario St 818.238.5367</div></div>				