

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tahini Chicken Roasted Carrots Whole Grain Polenta Strawberries	2 Frozen Meal Whole Grain Bread Apple
5 Tomato Soup Turkey & Cheese Spinach & Tomato Potato Salad Whole Grain Bread Orange	6 Mongolian Beef Stir Fried Cabbage Whole Grain Noodles Apple	7 Mediterranean Chicken Roasted Peppers Couscous Whole Grain Pita Bread Apricots	8 Pork Carnitas Onion & Cilantro Spanish Rice Pinto Beans Salsa Verde Whole Grain Tortilla Mango Papaya	9 Frozen Meal Cantaloupe Whole Grain Bread
12 Minestrone Soup Steak Salad: arugula, beef, cherry tomato, red onion, quinoa, feta, balsamic vinaigrette Strawberries	13 Chicken Jambalaya Black Beans Brown Rice Kiwi	14 Vegetable Frittata Butternut Squash Whole Grain Bread Orange	15 Beef Bulgogi Broccoli Barley Pilaf Apple	16 Frozen Meal Whole Grain Bread Mandarin
19 Lentil Soup Tuna Salad over Spinach Cucumber Dill Salad Whole Grain Bread Apricots Grape Juice	20 Sweet & Sour Pork over Whole Grain Noodles Applesauce	21 Beef Stew Polenta Mango Papaya	22 Moroccan Chicken Stewed Chickpeas Couscous Whole Grain Roll Kiwi	23 Frozen Meal Cantaloupe
26 7 Bean Soup Egg Salad Lettuce & Tomato Kale & Brussels Slaw Whole Grain Bread Apple	27 Meatloaf with Gravy Sweet Potato Broccoli & Cauliflower Whole Grain Bread Blueberries	28 Orange Chicken Snap Peas Brown Rice Cantaloupe	29 Fish Tacos with Mango Salsa Citrus Slaw Black Beans Corn Tortillas Raisins	30 Frozen Meal Whole Grain Bread Pear

☺ 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 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