

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Vegetable Frittata Butternut Squash Whole Grain Bread Mango Papaya	2 Lasagna with Meat Sauce Whole Grain Bread Peaches
5 Broccoli Soup Roast Beef Sandwich Arugula Marinated Tomatoes Potato Salad Whole Grain Hoagie Mango	6 Baked Penne Zucchini Cantaloupe	7 BBQ Pork Cauliflower Sweet Potato Whole Grain Bread Banana	8 Enchilada Casserole Pinto Beans	9 Pineapple Glazed Fish Whole Grain Bread Seasonal Fruit
12 Butternut Squash Soup Tuna Salad Spinach Beet Salad Whole Grain Bread Orange	13 Beef Fajitas Black Beans Whole Grain Corn Tortilla Apricots	14 Teriyaki Chicken Broccoli Brown Rice Mango Papaya	15 Pork Loin with Apricot Sauce Brussels Sprouts Whole Grain Polenta Banana	16 Swiss Steak Whole Grain Bread Cantaloupe
19 Vegetable Soup Italian Pasta Salad with Kale, Romaine, Cucumber, Tomato, & Garbanzo Beans Pear	20 Baked Salmon with Dill Sauce Butternut Squash Green Beans Whole Grain Bread Mango	21 Pork in Salsa Verde Zucchini Whole Grain Corn Tortilla Orange	22 Meatloaf & Gravy Mashed Potatoes Broccoli Whole Grain Bread Apple	23 Chicken Chili Strawberries
26 Corn Chowder Turkey Sandwich Spring Mix Coleslaw Whole Grain Hoagie Peaches	27 Beef Bulgogi Peas Barley Banana	28 BBQ Chicken Carrots Baked Beans Whole Grain Bread Mango	29 Bats & Cobwebs Broccoli Poison Apple Garlic Bread Pumpkin Spice Cookie Halloween	30 Beef Burgundy Whole Grain Bread Apple 

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 at 11AM - 12PM at the following locations:

Joslyn Adult Center
1301 W Olive Ave
818.238.5357

McCambridge Recreation Center
1515 N Glenoaks Blvd
818.238.5366

Tuttle Center
1731 N Ontario St
818.238.5367