

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Southwest Chicken Pinto Beans Yellow Squash Shredded Cabbage Whole Grain Tortilla Peaches	<b>3</b> Shepard's Pie Carrots Corn Mixed Green Salad Whole Grain Roll Kiwi	<b>4</b> Baked Fish Green Beans Spinach Salad Barley with Herbs Mixed Berry Parfait	<b>5</b> Cashew Chicken Green Peas Beet Salad Brown Rice Seasonal Fruit	<b>6</b> Frozen Meal Mandarin Whole Grain Bread
<b>9</b> Hot Turkey Sandwich Green Beans Mashed Potatoes Spinach Salad Dried Cranberries Whole Grain Bread Orange Juice	<b>10</b> Baked Pollock OR Vegetable Quiche Mixed Vegetables Green Peas Broccoli Salad Whole Grain Bread Applesauce	<b>11</b> BBQ Chicken Sweet Potato Brown Rice Coleslaw Peach or Pear	<b>12</b> Tamale Pie Black Beans Mesclun Salad Pineapple Mango Cup	<b>13</b> Frozen Meal Cantaloupe
<b>16</b> Chicken Adobo Green Peas Brown Rice Mesclun Salad Pineapple Mango Cup	<b>17</b> Turkey Milanese over Pesto Linguine Cauliflower & Zucchini Carrot Raisin Salad Orange	<b>18</b> Salmon in Dill Sauce Green Beans Black Beans Mixed Green Salad Whole Grain Roll Applesauce	<b>19</b> <div style="text-align: center;"> <b>Closed</b>    <b>JUNETEENTH</b> </div>	<b>20</b> Frozen Meal Pear Whole Grain Bread
<b>23</b> Spaghetti & Meat Sauce Broccoli Green Beans Caesar Salad Pear or Peach Orange Juice	<b>24</b> Beef Fajitas Pinto Beans Corn Green Salad Whole Grain Tortilla Pineapple Mango Cup	<b>25</b> Mediterranean Chicken Roasted Vegetables Brown Rice Lentil Salad Pita Bread Cantaloupe or Tangerine	<b>26</b> Baked Fish or OR Tuna Salad Potatoes Creamy Coleslaw Whole Grain Roll Applesauce OR Baked Apple	<b>27</b> Frozen Meal Banana Grape Juice Whole Grain Bread
<b>30</b> Fish Creole Red Beans Coleslaw Whole Grain Tortilla Pear or Plum				

☺ 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