

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No Lunch Served Labor Day 	2 Moroccan Chicken Stewed Chickpeas Whole Grain Couscous Cantaloupe	3 Vegetable Frittata Baked Potato Tangerine Whole Grain Bread	4 Baked Penne Broccoli Peaches	5 Frozen Meal Banana Grape Juice Whole Grain Bread
8 Tomato Soup Chinese Chicken Salad with Edamame, Cilantro, Green Onion, & Mandarin Sesame Dressing Mango Whole Grain Bread	9 Baked Fish Butternut Squash Barley Kiwi	10 Beef Stroganoff over Whole Grain Penne Peas Cantaloupe	11 Tahini Chicken Carrots Whole Grain Polenta Orange	12 Frozen Meal Apple Whole Grain Bread
15 Minestrone Soup Turkey Sandwich Spinach & Tomato Potato Salad Whole Grain Bread Kiwi	16 Mongolian Beef over Chow Mein Stir Fried Cabbage Apricots	17 Garlic Lemon Chicken Peppers & Onions Whole Grain Couscous Pita Bread Banana	18 Pork Carnitas with Onion & Cilantro Spanish Rice Pinto Beans Corn Tortillas Mango Papaya	19 Frozen Meal Pear Whole Grain Bread
22 Spaghetti & Meat Sauce Green Beans Strawberries	23 Chicken Jamabalaya Black Beans Brown Rice Kiwi	24 Pork Sstir Fry Peppers & Onions Chow Meain Banana	25 Beef Bulgogi Cauliflower Broccoli Barley Apricots	26 Frozen Meal Mandarin Whole Grain Bread
29 Cream of Broccoli Soup Tuna Salad over Spring Mix Cucumber Dill Salad Whole Grain Bread Apricots Grape Juice	30 Vegetarian Penne: Protein Pasta with Onion, Zucchini, and Butternut Squash with Lemon Herb Sauce Whole Grain Bread			

© 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

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