

NOVEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti & Meat Sauce Green Beans Strawberries	Chicken Jamabalaya Black Beans Brown Rice Kiwi	Pork Stir Fry Peppers & Onions Chow Mein Banana	Beef Bulgogi Cauliflower Broccoli Barley Apricots	Frozen Meal Mandarin Whole Grain Bread
10 Frozen Meal Whole Grain Bread Apricots Grape Juice	No Lunch Served VETTERANS	Beef Stew over Polenta Green Beans Mango Papaya	Orange Chicken Snap Peas Quinoa Kiwi	Frozen Meal Cantaloupe
7 Bean Soup Egg Salad over Lettuce & Tomato Kale & Brussels Slaw Whole Grain Bread Apple	Meatloaf with Gravy Sweet Potato Cauliflower Whole Grain Bread Blueberries	Mushroom Chicken Broccoli Brown Rice Pineapple	Roasted Turkey & Gravy Sweet Potato Green Beans Persimmon Whole Grain Bread	Frozen Meal Pear Whole Grain Bread
Butternut Squash Soup Roast Beef or Turkey Lettuce & Tomato Beet Salad Orange Whole Grain Bread	Moroccan Chicken Stewed Chickpeas Whole Grain Couscous Cantaloupe	Frozen Meal Tangerine Whole Grain Bread	THANKS No Lunci	SGIVING
5	Happ	ksgi	VING	

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 folloowing 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