

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Frozen Meal Orange Whole Grain Bread	31  Dolores Huerta Day No Lunch Served	1 Vegetarian Chili Baked Potato Zucchini Whole Grain Bread Tangerine	2 Baked Ham Sweet Potato Green Beans Peaches Whole Grain Roll Carrot Cake Spring Lunch	3 Frozen Meal Banana Grape Juice Whole Grain Bread
6 Tomato Soup Chinese Chicken Salad with Edamame, Cilantro, Green Onion, & Mandarin Sesame Dressing Mango Whole Grain Bread	7 Baked Fish Butternut Squash Barley Kiwi	8 Beef Stroganoff over Whole Grain Penne Peas Cantaloupe	9 Tahini Chicken Carrots Whole Grain Polenta Orange	10 Frozen Meal Apple Whole Grain Bread
13 Minestrone Soup Turkey Sandwich Spinach & Tomato Potato Salad Whole Grain Bread Kiwi	14 Mongolian Beef over Chow Mein Stir Fried Cabbage Apricots	15 Garlic Lemon Chicken Peppers & Onions Whole Grain Couscous Pita Bread Banana	16 Pork Carnitas with Onion & Cilantro Spanish Rice Pinto Beans Corn Tortillas Mango Papaya	17 Frozen Meal Pear Whole Grain Bread
20 Spaghetti & Meat Sauce Green Beans Strawberries	21 Chicken Jamabalaya Black Beans Brown Rice Kiwi	22 Pork Stir Fry Peppers & Onions Chow Mein Banana	23 Beef Bulgogi Broccoli Barley Apricots	24 Frozen Meal Mandarin Whole Grain Bread
27 Cream of Broccoli Soup Tuna Salad over Spring Mix Cucumber Dill Salad Whole Grain Bread Apricots Grape Juice	28 Vegetable Frittata Butternut Squash Whole Grain Bread Orange	29 Beef Stew over Polenta Green Beans Mango Papaya	30 Orange Chicken Snap Peas Quinoa Kiwi	30 Frozen Meal Cantaloupe

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
 818.238.5365

Tuttle Center
 1731 N Ontario St
 818.238.5367