


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Sweet &amp; Sour Pork over Whole Grain Noodles Applesauce</p>	<p>2</p> <p>Beef Stew Polenta Mango Papaya</p>	<p>3</p> <p>Moroccan Chicken Stewed Chickpeas Couscous Whole Gran Roll Kiwi</p>	<p>4</p> <p>Frozen Meal Cantaloupe</p>
<p>7</p> <p>7 Bean Soup Egg Salad Lettuce &amp; Tomato Kale &amp; Brussels Slaw Whole Grain Bread Apple</p>	<p>8</p> <p>Meatloaf with Gravy Sweet Potato Broccoli &amp; Cauliflower Whole Grain Bread Blueberries</p>	<p>9</p> <p>Orange Chicken Snap Peas Brown Rice Cantaloupe</p>	<p>10</p> <p>Fish Tacos with Mango Salsa Citrus Slaw Black Beans Corn Tortillas Raisins</p>	<p>11</p> <p>Frozen Meal Whole Grain Bread Pear</p>
<p>14</p> <p>Butternut Squash Soup Roast Beef &amp; Cheese <b>OR</b> Turkey &amp; Cheese Romaine &amp; Tomato Beet Salad Whole Grain Bread Orange</p>	<p>15</p> <p>Mushroom Chicken Mashed Potatoes Carrots Whole Grain Cornbread Pineapple</p>	<p>16</p> <p>Pork Chile Verde Pinto Beans Zucchini Whole Grain Tortilla Tangerine</p>	<p>17</p> <p>Baked Ziti Broccoli Apple</p>	<p>18</p> <p>Frozen Meal Banana Grape Juice</p>
<p>21</p> <p>Egg Drop Soup Chinese Chicken Salad: cabbage, edamame, cilantro, green onion, mandarin, sesame dressing Whole Grain Bread Mango</p>	<p>22</p> <p>Baked Fish Butternut Squash Brown Rice Whole Grain Bread Kiwi</p>	<p>23</p> <p>Beef Stroganoff over Whole Grain Pasta Peas Cantaloupe</p>	<p>24</p> <p>Tahini Chicken Roasted Carrots Whole Grain Polenta Strawberries</p>	<p>25</p> <p>Frozen Meal Whole Grain Bread Apple</p>
<p>28</p> <p>Tomato Soup Turkey &amp; Cheese Spinach &amp; Tomato Potato Salad Whole Grain Bread Orange</p>	<p>29</p> <p>Mongolian Beef Stir Fried Cabbage Whole Grain Noodles Apple</p>	<p>30</p> <p>Mediterranean Chicken Roasted Peppers Couscous Whole Grain Pita Bread Apricots</p>	<p>31</p> <p>Bats &amp; Cobwebs Garlic Bread Poison Apple Pumpkin Spice Cookie <b>Halloween</b></p>	

☺ Milk Served with every meal ☺

◆Menu Subject to Change Without Notice◆

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