
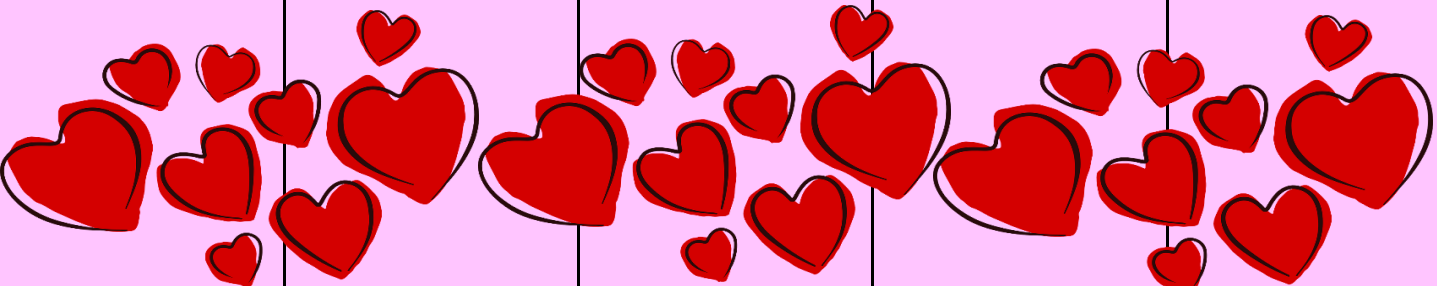


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cream of Broccoli Soup Tuna Salad over Spring Mix Cucumber Dill Salad Whole grain Bread Apricots Grape Juice	3 Vegetarian Penne: Protein Pasta with Onion, Zucchini, and Butternut Squash with Lemon Herb Sauce Whole Grain Bread	4 Beef Stew over Polenta Green Beans Mango Papaya	5 Orange Chicken Snap Peas Quinoa Kiwi	6 Frozen Meal Cantaloupe
9 7 Bean Soup Egg Salad over Lettuce & Tomato Whole Grain Bread Apple	10 Meatloaf with Gravy Sweet Potato Cauliflower Whole Grain Bread Blueberries	11 Mushroom Chicken Broccoli Brown Rice Pineapple	12 Fish Tacos Black Beans Mango Salsa Citrus Slaw Corn Tortillas Raisins	13 Frozen Meal Pear Whole Grain Bread
16 No Lunch Served Presidents' Day 	17 Moroccan Chicken Stewed Chickpeas Whole Grain Couscous Cantaloupe	18 Vegetable Frittata Baked Potato Tangerine Whole Grain Bread	19 Baked Penne Broccoli Peaches	20 Frozen Meal Banana Grape Juice Whole Grain Bread
23 Tomato Soup Chinese Chicken Salad with Edamame, Cilantro, Green Onion, & Mandarin Sesame Dressing Mango Whole Grain Bread	24 Baked Fish Butternut Squash Barley Kiwi	25 Beef Stroganoff over Whole Grain Penne Peas Cantaloupe	26 Tahini Chicken Carrots Whole Grain Polenta	27 Frozen Meal Apple 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

Meals served 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