

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SASSFA Nutrition Program Mon.-Fri. 11:30a.m.-12 p.m. (PLEASE check in by 11:15 a.m.) Suggested Donation for Seniors: \$2.25</p> <p>To make a reservation: Senior Center (562) 929-5645 Social Service Center (562) 929-5544 Meals are \$4.25 for <u>Non-Seniors (If meals available after seniors served)</u></p>				
<p><b>5</b> Chicken Noodle Soup <b>Roast Turkey w/Gravy</b> Whole Grain Roll Spinach w/Bread Crumbs Three Bean Salad w/Onions w/Italian Dressing Fresh Orange</p>	<p><b>6</b> Corn Chowder <b>Homemade Salisbury Steak</b> Whole Grain Bread Egg Noodles Green Beans Coleslaw Pineapple Chunks</p>	<p><b>7</b> Orange Juice <b>Chicken Mole</b> Flour Tortilla Pinto Beans Chopped Salad w/Balsamic Dressing Carrot Cake</p>	<p><b>1</b> Apple Juice <b>Oven Fried Chicken</b> Whole Grain Roll Sautéed Cabbage Mashed Sweet Potatoes Manhattan Gelatin</p>	<p><b>2</b> Tomato Soup <b>Baked Fish</b> Whole Grain Bread Baked Potato Peas &amp; Carrots Apple</p>
<p><b>12</b> <b>Beef &amp; Bean Chili</b> Corn Bread Zucchini Medley Mexicali Salad Tropical Fruit</p>	<p><b>13</b> Beef Barley Soup <b>Choice of Entrée:</b> <b>Pork or Chicken w/Mushroom</b> Whole Grain Roll Sautéed Spinach and Kale Carrot Raisin Salad Grapes or Peaches</p>	<p><b>14</b> Cranberry Juice Cocktail <b>Corned Beef</b> Rye Bread Boiled New Potatoes Steamed Cabbage White Bean Salad Rainbow Sherbet </p>	<p><b>15</b> Cream of Mushroom Soup <b>BBQ Chicken</b> Biscuit California Blend Vegetables Orange Vanilla &amp; Chocolate Swirl Pudding</p>	<p><b>16</b> <b>Parmesan Breaded Fish w/ Marinara Sauce</b> Rotini Pasta Whole Grain Roll Broccoli Tossed Salad w/Tomato Watermelon</p>
<p><b>19</b> Asian Vegetable Soup <b>Mandarin Sesame Chicken Bowl</b> Brown Rice Oriental Vegetables Mixed Green Salad w/ Cucumber w/ Ranch Dressing Cantaloupe</p>	<p><b>20</b> Orange Juice <b>Beef Stew w/Potatoes</b> Biscuit Tossed Salad w/ Shredded Red Cabbage Cake</p>	<p><b>21</b> Turkey Rice Soup <b>Oven Fried Breaded Fish</b> Whole Grain Bread Southern Greens Baked Fresh Sweet Potato Peaches</p>	<p><b>22</b> <b>Beef Lasagna</b> French Bread w/Garlic Zucchini Medley Romaine Caesar Salad w/ Croutons Pineapple Chunks</p>	<p><b>23</b> Tomato Soup <b>Choice of Entrée:</b> <b>Fish w/Lemon Dill Sauce or Chicken Paprika</b> Barley Mushroom Pilaf Peas &amp; Carrots Tricolor Slaw Baked Pears w/Cinnamon</p>
<p><b>26</b> Tuscan Soup w/Kale <b>Stuffed Baked Potato</b> Whole Grain Roll Broccoli Watermelon</p>	<p><b>27</b> Mushroom Barley Soup <b>Fish Amandine</b> Whole Grain Roll Rice Pilaf Zucchini &amp; Tomato w/Lemon &amp; Garlic Spinach &amp; Romaine Salad w/Ranch Dressing Tropical Fruit</p>	<p><b>28</b> Orange Juice <b>Glazed Ham</b> Dinner Roll Baked Sweet Potato Green Beans Spinach Salad w/Raspberry Vinaigrette Pineapple Upside Down Cake </p>	<p><b>29</b> Cranberry Juice <b>Roast Beef w/ Gravy</b> Whole Grain Bread Mashed Potatoes Succotash Banana</p>	<p><b>30</b> Italian Wedding Soup <b>Fish w/Cilantro &amp; Lime Sauce</b> Whole Grain Bread Stuffing Green Beans Cantaloupe Yogurt w/Peaches &amp; Strawberries</p>

\*ALL MEALS SERVED WITH 1% LOW FAT MILK. + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.

This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older American Act of 1965 as amended.

