



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Beef Lasagna</b> WG Roll Cauliflower Caesar Salad w/ Croutons Applesauce Ice Cream	<b>2</b> <b>Cream of Broccoli Soup</b> <b>Shepherd's Pie</b> WG Bread / Green Beans Mashed Potato Chopped Kale & Spinach w/ Shredded Carrots Garnish Salad / Pear	<b>3</b> Tomato Soup <b>Rosemary Chicken w/ Creamy Garlic Sauce</b> Barley w/ Parsley Brussels Sprouts Chopped Salad Tropical Fruit	<b>4</b> <b>Beef Teriyaki</b> Brown Rice Asian Vegetables Garden Salad w/ Red Onions Garnish Pineapple & Mango	<b>5</b> <b>BBQ Chicken</b> WG Roll Collard Greens Black Eye Peas Orange
<b>8</b> <b>Choice of Entrée: Garlic Butter Fish or Sweet &amp; Sour Pork w/ Bell Pepper</b> Barley w/ Herbs Spanish Marinated Tomato & Onion Salad / Pear	<b>9</b> Lentil Soup <b>Chicken Curry</b> Brown Rice Asian Mixed Vegetables Chopped Asian Salad w/ Romaine & Green Onions / Cantaloupe	<b>10</b> <b>Beef Stew</b> WG Dinner Roll Carrot Creamy Cucumber Salad Orange Fruited Vanilla Yogurt Cake	<b>11</b> <b>Chicken Marsala w/ Mushroom &amp; White Wine Sauce</b> WG penne Pasta Peas / Marinated Beet Salad <b>Kiwi</b>	<b>12</b> Tuscan Soup <b>Breaded Fish</b> Flour Tortilla Cilantro Lime Brown Rice Zucchini Medley Coleslaw w/ Chipotle Dressing / Banana
<b>15</b> Cream of Mushroom <b>BBQ Hamburger</b> WG Bun Broccoli Baked Beans Fresh Melon	<b>16</b> <b>Creamy Cilantro Baked Fish</b> Biscuit WG Penne Pasta Brussels Sprouts Spinach & Kale Salad Peach or Plum	<b>17</b> Chicken Tortilla Soup <b>Turkey &amp; Cranberry Salad</b> WG Bread Garden Salad w/ Vinaigrette Coleslaw Banana	<b>18</b> <b>Hamburger Patty</b> WG Hamburger Bun Macaroni Salad Corn on the Cob Lettuce, Tomato & Onion Plum or Nectarine Chocolate Cake	<b>19</b> <b>All sites Closed</b>  
<b>22</b> Turkey Rice Soup <b>Tuna Sandwich</b> WG Bread Carrot Pineapple Shredded Brussels Sprouts & Cabbage Salad Applesauce	<b>23</b> <b>Spaghetti w/ Meatballs</b> WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad Banana	<b>24</b> <b>Chicken Enchilada Casserole</b> WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange Sherbet	<b>25</b> Cabbage & Tomato Soup <b>Lemon Pepper Fish</b> WG Roll Corn Green Beans Kiwi	<b>26</b> <b>Pork Loin w/ Black Peppercorn Sauce</b> WG Bread Stuffing Fresh Sweet Potato Beet & Onion Salad Tangerine
<b>29</b> Northern Bean Soup <b>Beef Chili Mac</b> WG Spiral Pasta Peas & Corn Chopped Spinach & Kale w/ Red Onions Salad Pear	<b>30</b> <b>Choice of Entrée: Herb Baked Fish w/ Dill Sauce or Roast Pork w/ Mustard Sauce</b> WG Bread / Couscous Steamed Cabbage Waldorf Salad / Cookie			<b>MEALS ARE \$5.00 FOR NON- SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED AVAILABLE</b>

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

To make a reservation, please call (562) 947-8787 between 9 a.m. and 12 p.m. Reservations must be made at least one day in advance.

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