




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. To make a reservation: Senior Center (562) 929-5580 Social Service Center (562) 929-5544.</p> <p>Meals are \$4.25 for Non-Seniors. If meals are available after seniors served.</p>				<p>1 Orange Juice Turkey Lasagna Sourdough Bread Zucchini Medley Romaine Caesar Salad w/ Caesar Salad Chocolate Ice Cream</p>
<p>4 BBQ Hamburger Whole Grain Bun Macaroni Salad Mexicali Corn Broccoli Cutie</p>	<p>5 Orange Juice Teriyaki Chicken Bowl WW Bread / Sticky Rice Sesame Broccoli Asian Cucumber Salad Vanilla Pudding or Fortune Cookie</p>	<p>6 Tomato Bisque Lemon Dijon Baked Fish Rice Pilaf Zucchini & Tomato Coleslaw w/ Carrots Banana</p>	<p>7 Tuscan Soup Roast Beef w/ Gravy Whole Grain Roll Mashed Potatoes Green Beans w/ Herbs Ambrosia Salad</p>	<p>8 Cream of Corn Soup Tuna Salad Sandwich Whole Grain Bread Garden Salad w/Thousand Island Dressing Cantaloupe Fruited Yogurt</p>
<p>11 Carrot Ginger Bisque Soup Lemon Pepper Baked Chicken Whole Grain Dinner Roll Green Beans w/ Pimento Mashed Potatoes Mandarin Orange</p>	<p>12 Spaghetti w/ Meatballs Sourdough Bread Broccoli Mesclun Salad w/ Vinaigrette Peaches</p>	<p>13 Orange Juice Chicken Enchilada w/ Verde Sauce Chopped Salad w/ Tomato Cucumber & Purple Onion Pinto Beans Cake</p>	<p>14 Orange Juice Chicken w/ Cream Sauce Dinner Roll Rice Pilaf Petite Peas Salad w/ Red Onions Red Velvet Cake</p>	<p>15 Choice of Entrée: Turkey a la King or Lentil Stew Biscuit Peas & Carrots Spinach & Kale Banana</p>
<p>18 Closed Presidents Day</p>	<p>19 Split Pea Soup Unbreaded Fish VeraCruz Whole Grain Bread Banana Squash Mixed Salad Greens Kiwi</p>	<p>20 Italian Wedding Soup Smothered Pork Chop Dinner Roll Collard Greens Roasted Corn Orange</p>	<p>21 Meatball Sandwich French Roll Broccoli Chopped Kale Salad w/ Italian Dressing Apple or Banana</p>	<p>22 Cranberry Juice Oven Baked Chicken Corn Bread Sautéed Cabbage Mashed Sweet Potatoes Rainbow Sherbet</p>
<p>25 Minestrone Soup Stuffed Bell Pepper Whole Grain Dinner Roll Mashed Potatoes Peas & Corn Peaches</p>	<p>26 Lentil Soup Roast Turkey Herb Stuffing Cranberry Sauce Spinach Coleslaw Banana</p>	<p>27 Grape Juice Beef Stroganoff Egg Noodles Green Beans Chopped Kale Salad Oatmeal Cookie</p>	<p>28 Vegetable Pozole Soup Chicken Mole Flour Tortilla Pinto Beans Carrot & Pineapple Salad Orange or Tangerine</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.