



Senior Services Congregate Nutrition Site April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Stew w/ Potatoes Whole Grain Roll Romaine & Shredded Cabbage Salad w/ Ranch Dressing Pear w/ Mango Chunks	2 Oven Baked Chicken Corn Bread Sautéed Cabbage Mashed Sweet Potatoes Rainbow Sherbet Pineapple Juice	3 Pork Loin Italian Wedding Soup Dinner Roll Collard Greens Roasted Corn Orange	4 Meatball Sandwich Whole Grain Roll Broccoli Chopped Kala Salad Apple or Banana	5 Fish Vera Cruz (Unbreaded) Split Pea Soup WG Bread / Brown Rice Banana Squash Mixed Salad Greens Kiwi
8 Stuffed Bell Pepper Minestrone Soup Whole Grain Dinner Roll Mashed Potatoes Peas & Corn Peaches	9 Roast Turkey Lentil Soup Herb Stuffing Cranberry Juice Spinach / Coleslaw Banana	10 Beef Stroganoff Whole Grain Noodles Grape Juice Green Beans Chopped Kale Salad w/ Italian Dressing Oatmeal Cookie	11 Chicken Mole Vegetable Pozole Soup Flour Tortilla Pinto Beans Carrot & Pineapple Salad Orange or Tangerine	12 Choice of Entree: Pork Chop Au Jus or Baked Fish (Breaded) WG Bread / Pasta Salad Banana Squash Brussels Sprouts Cantaloupe
15 Beef Picado Chicken & Cilantro Soup Spanish Rice Black Beans Garden Salad w/ Thousand Island Dressing Orange	16 BBQ Chicken (L & T) Cream of Mushroom Soup Corn Bread Cauliflower Baked Sweet Potatoes Banana	17 Easter Luncheon Glazed Ham Orange Juice WG Bread / Green Beans Baked Sweet Potato Spinach Salad Mixed Melon Cup 	18 Meatloaf w/ Gravy Beef Barley Soup Whole Grain Roll Mashed Potatoes Green Beans Ambrosia Salad	19 Tuna Pasta Casserole Whole Grain Roll Broccoli Romaine w/ Citrus Dressing Vanilla Swirl Pudding Pineapple Juice
22 Choice of Entrée: Blacken Fish (Unbreaded) or Pork Loin Lentil Soup Barley Pilaf / Peas & Onions Tricolor Slaw Pears w/ Cinnamon	23 Curry Chicken Asian Vegetable Soup Brown Rice Oriental Vegetables Chopped Asian Salad w/ Asian Dressing Cantaloupe	24 Beef Stew w/ Potatoes Biscuit Garden Salad w/ Thousand Island Dressing Orange Cake	25 Oven Baked Fish (Breaded) Turkey Rice Soup Whole Grain Bread Southern Greens Mashed Sweet Potatoes Peaches	26 Turkey Lasagna Orange Juice Sourdough Bread Zucchini Medley Romaine Caesar Salad w/ Caesar Dressing Chocolate Ice Cream
29 BBQ Hamburger Whole Grain Bun Macaroni Salad Mexicali Corn Broccoli Cutie	30 Choice of Entrée: Turkey Chili or Vegetarian Chili WG Roll / Baked Potato Chopped Kale & Spinach Salad / Baked Apple	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. Meals are \$4.25 for Non-Seniors. If meals are available after seniors served.		

*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.