





Senior Services Congregate Nutrition Site May 2019

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. Meals are \$4.25 for Non-Seniors. If meals are available after seniors served.</p>				
<p>6 Chinese Chicken Salad Carrot Ginger Bisque Soup Dry Noodle Garnish Green Beans w/ Pimento Romaine Lettuce w/ Asian Dressing Mandarin Orange</p>	<p>7 Spaghetti w/ Meatballs Sour Dough Bread Broccoli Mesclun Salad w/ Vinaigrette Dressing Peaches</p>	<p>8 Chicken Enchilada w/ Red Sauce Chopped Salad Cucumber & Purple Onion Pinto Beans Orange Juice Cake</p>	<p>9 Herb Rubbed Roast w/Honey Garlic Butternut Squash Soup Mashed Potatoes Zucchini & Tomatoes Cantaloupe Vanilla Ice Cream</p>	<p>10 Mother's Day Luncheon Chicken Breast Milano French Bread / Rice Pilaf Broccoli / Green Salad Cranberry Juice Special Dessert </p>
<p>13 Beef Stew w/ Potatoes Whole Grain Roll Romaine & Shredded Cabbage Salad w/ Ranch Dressing Pears w/ Mango Chunks</p>	<p>14 Tuna Salad Whole Grain Bread Creamy Cucumber Salad Mixed Salad Greens Cantaloupe Split Pea Soup</p>	<p>15 BBQ Pulled Pork Italian Wedding Soup Hamburger Bun Collard Greens Potato Salad Orange</p>	<p>16 Beef Lasagna Broccoli Chopped Kale Salad w/ Italian Dressing Plums or Peaches</p>	<p>17 Oven Baked Chicken Corn Bread Sautéed Cabbage Mashed Sweet Potatoes Rainbow Sherbet Pineapple Juice</p>
<p>20 Stuffed Bell Pepper Minestrone Soup Whole Grain Dinner Roll Mashed Potatoes Peas & Corn Peaches</p>	<p>21 Lentil Soup Turkey & Cranberry Salad Whole Grain Bread Spinach Salad w/ Vinaigrette Dressing Coleslaw Banana</p>	<p>22 Beef Stroganoff Whole Grain Noodles Green Beans Chopped Kale Salad w/ Italian Dressing Oatmeal Cookie Grape Juice</p>	<p>23 Chicken Mole Vegetable Pozole Soup Flour Tortilla Pinto Beans Carrot & Pineapple Salad Orange or Tangerine</p>	<p>24 Chili Hot Dog Hot Dog Bun Potato Salad Marinated Beet Salad Watermelon Wedge Orange Juice</p>
<p>27 Closed </p>	<p>28 Tuna Pasta Casserole Whole Grain Roll Broccoli Romaine w/ Citrus Dressing Vanilla Swirl Pudding Pineapple Juice</p>	<p>29 Choice of Entrée: Pork or Chicken w/ Mushroom Sauce Cabbage & Tomato Soup Brown Rice Green Peas Cantaloupe</p>	<p>30 Meatloaf w/ Gravy Beef Barley Soup Whole Grain Roll Mashed Potatoes Green Beans Ambrosia Salad</p>	<p>31 BBQ Chicken Cream of Mushroom Corn Bread Cauliflower Baked Sweet Potatoes Banana</p>
<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.</p>				