



Daily Luncheon Program:
 Mon-Fri 11:30 am-12:30 pm
 Suggested Donation:
 Seniors: \$2.00 Non-Seniors: \$4.00
 (If meals are available after seniors are served.)

Senior Center (562) 929-5580
 Social Services Center
 (562) 929-5504



September 2019

Senior Nutrition Program Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Grilled Chicken Breast Corn Bread Seasoned Carrot Coins Cole Slaw Fresh Pear	4 Beef Meatloaf Whole Grain Couscous Steamed Cauliflower French Cut Green Beans Banana	5 Turkey A La King Whole Grain Bread Mashed Potatoes C1-Salad Bar C2-Spring Mix Salad w/Baby Corn Fresh Peach	6 Pork Lo Mein Whole Grain Lo Mein Noodle Garlic Bok Choy Sauteed Edamame Beans Watermelon
9 Mojo Chicken Whole Grain Corn Muffin Baked Beans Sweet Plantains Fresh Cantaloupe	10 Pork Adobo Whole Grain Roll Zucchini Medley C1-Salad Bar C2-Green Salad Chocolate Chip Cookie Orange Juice	11 Turkey Burger Leafy Green Lettuce Peas Fresh Oven Baked Sweet Potato C1-Minestrone Soup C2-Apple Juice Fresh Pear	12 Teriyaki Beef Brown Rice Green Cabbage Slaw Steamed Broccoli Fresh Cutie Mandarin Orange	13 Chicken Cacciatore Couscous Italian Blend Vegetables Kale & Spinach Salad w/Corn Fresh Banana
16 Oven Roast Beef in Gravy Whole Grain Dinner Roll Mashed Potatoes Steamed Peas Fresh Orange	17 Lemon Dijon Chicken Pasta w/Herbs Baked Winter Squash Coleslaw Peaches & Pineapple Fruit Cup	18 Beef Stew Whole Grain Biscuit Beet Salad Apple Orange Juice	19 Tuna Salad Sandwich Corn Cilantro Salad Tossed Green Salad w/Cucumbers C1-Creamy Tomato Soup C2 - Cranberry Juice Fresh Cantaloupe	20 Turkey Chili Corn Chips Steamed Broccoli Spring Mix Salad w/Onion Fresh Peach
23 Chicken Curry Couscous & Indian Okra C1 - Salad Bar C2 - Spinach Salad w/Tomatoes Pineapple Cubes Orange Juice	24 Beef Burrito Bowl Flour Tortilla Spicy Corn Pinto Beans Fresh Orange	25 Breaded Pork Chop Hawaii Roll Fresh Baked Sweet Potato Green Peas Fresh Pear	26 Thai Sweet Chili Chicken Chow Mein Steamed Broccoli Asian Cabbage Salad Banana	27 Honey Chipotle Meatballs Whole Grain Bread Cauliflower Rice Carrot Raisin Salad C1-Cream of Corn Soup C2-Cranberry Juice Fresh Honeydew
30 BBQ Pulled Pork Sandwich French Roll Steamed Spinach Coleslaw C1-Pear/Potato Soup C2-Cherry Gelatin/Apple Juice	1	2	3	4