

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SASSFA Nutrition Program Monday - Friday 11:30 a.m. - 12:00 p.m. (Please check in by 11:15 a.m.) Suggested Donation: 60 & Older \$2.25 To make a reservation: Senior Center (562) 929-5645 Social Services (562) 929-5544</p>				
				
<p>Tomato Soup</p> <p>Unbraided Baked Fish</p> <p>Whole Grain Bread</p> <p>Baked Potato</p> <p>Peas & Carrots</p> <p>Apple</p>	<p>5 Chicken Vegetable Soup Choice of Entrée: Smothered Pork or Smothered Chicken Rice Barley Pilaf Brussels Sprouts Creamy Dill Cucumber Banana</p>	<p>6 Beef Lasagna</p> <p>Spinach Romaine Lettuce w/ Ranch Dressing Mango Chunks or Mandarin Oranges</p>	<p>7 Apple Juice</p> <p>Oven Fried Chicken</p> <p>Whole Grain Dinner Roll Sautéed Cabbage Mashed Sweet Potatoes Manhattan Gelatin</p>	<p>1 Navy Bean Soup Lemon Pepper Baked Chicken Whole Grain Dinner Roll Corn, Green Beans Orange</p>
<p>11 Chicken Noodle Soup</p> <p>Roast Turkey w/ Gravy</p> <p>Dinner Roll Bread Stuffing Spinach w/ Bread Crumbs</p> <p>Three Bean Salad w/ Italian Dressing Orange</p>	<p>12 Corn Chowder Soup</p> <p>Homemade Salisbury Steak</p> <p>Whole Grain Bread Egg Noodles Green Beans Coleslaw Pineapple Chunks</p>	<p>13 Orange Juice</p> <p>Chicken Mole</p> <p>Flour Tortilla Pinto Beans Chopped Salad w/ Kale Carrot Cake</p>	<p>14 Tomato Soup</p> <p>Choice of Entrée: Pork Chop Au Jus or Breaded Fish</p> <p>Pasta Banana Squash Cucumber & Onion Salad w/ Vinaigrette Dressing Cantaloupe</p>	<p>15 Minestrone Soup</p> <p>Stuffed Bell Pepper</p> <p>Whole Grain Dinner Roll Mashed Potatoes Carrots Banana</p>
<p>18</p> <p>Parmesan Baked Fish w/ Marinara Sauce</p> <p>Whole Grain Roll Rotini Pasta Broccoli Tossed Salad w/ Tomato Watermelon</p>	<p>19 Beef Barley Soup</p> <p>Choice of Entrée: Pork or Chicken w/ Mushroom Sauce</p> <p>Whole Grain Roll Sautéed Spinach & Kale Carrot Raisin Salad Grapes or Peaches</p>	<p>20 Cabbage Soup</p> <p>Meatloaf</p> <p>Whole Grain Bread Mashed Potatoes Green Beans Ambrosia Salad</p>	<p>21 Cream of Mushroom Soup</p> <p>BBQ Chicken</p> <p>Biscuit California Blend Vegetables Orange Vanilla & Chocolate Swirl Pudding</p>	<p>22 Orange Juice</p> <p>Roast Beef w/ Gravy</p> <p>Dinner Roll Mashed Potatoes Black Eyed Peas Green Salad w/ Tomatoes Bread Pudding w/ Lemon</p>
<p>25 Closed Christmas Day</p> <p><i>Merry Christmas</i></p> 	<p>26 Orange Juice</p> <p>Beef Stew w/ Potatoes Biscuit Tossed Salad w/ Balsamic Dressing Chocolate Pudding</p>	<p>27 Turkey Rice Soup</p> <p>Oven Fish Whole Grain Bread Southern Greens Baked Fresh Sweet Potatoes Peaches</p>	<p>28 Meat Lasagna French Bread Zucchini Medley Romaine Caesar Salad w/ Croutons Pineapple Chunks</p>	<p>29 Cranberry Juice Baked Ham Dinner Roll Sweet Potatoes Broccoli Spears Green Salad Cherry Pie</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.