

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) 929-5645 Social Service Center (562) 929-5544 Meals are \$5 for Non-Seniors (If meals available after seniors served)</p>				<p>1 Cream of Mushroom Sauce <b>BBQ Chicken</b> Biscuit California Blend Vegetables Orange Vanilla &amp; Chocolate Swirl Pudding</p>	<p>2 <b>Beef &amp; Bean Chili</b> Corn Bread Zucchini Medley Mexicali Salad Tropical Fruit</p>
<p>5 Asian Vegetable Soup <b>Teriyaki Chicken</b> Brown Rice Oriental Vegetables Mixed Green Salad w/ Cucumber &amp; Ranch Dressing Cantaloupe</p>	<p>6 Orange Juice <b>Beef Stew w/ Potatoes</b> Biscuit Tossed Salad w/ Balsamic Dressing Chocolate Ice Cream</p>	<p>7 Turkey Rice Soup <b>Breaded Oven Fish</b> Whole Grain Bread Southern Greens Baked Sweet Potatoes Peaches</p>	<p>8 <b>Meat Lasagna</b> French Bread Zucchini Medley Romaine Caesar Salad w/ Caesar Dressing Pineapple Chunks</p>	<p>9 Orange Juice <b>Chicken w/ Cream Sauce &amp; Capers</b> Dinner Roll / Rice Pilaf Petite Peas / Green Salad Chocolate Cake w/ Strawberry Glaze</p>	
<p>12 Tuscan Soup w / Kale <b>Stuffed Baked Potato</b> Whole Grain Roll Broccoli Baked Potato Hot Baked Apple</p>	<p>13 Cranberry Juice <b>Roast Beef w/ Gravy</b> Whole Grain Bread Mashed Potatoes Succotash Banana</p>	<p>14 Orange Juice <b>Vegetarian Lasagna</b> Whole Wheat Bread Brussels Sprouts Three Bean Salad Banana</p>	<p>15 Apple Juice <b>Teriyaki Chicken Bowl</b> Whole Wheat Bread / Broccoli Asian Cucumber Salad w/ Ranch Dressing Vanilla Pudding or Almond Cookies</p>	<p>16 Mushroom Barley Soup <b>Chili Rubbed Fish</b> Whole Grain Dinner Roll Rice Pilaf / Zucchini Spinach &amp; Romaine Salad w/ Ranch Dressing Tropical Fruit</p>	
<p>19 <b>Presidents Day Closed</b></p> 	<p>20 Navy Bean Soup <b>Lemon Pepper Baked Chicken</b> Whole Grain Dinner Roll Corn, Green Beans Orange</p>	<p>21 Cream of Broccoli Soup <b>Herb Rubbed Roast Pork w/ Mustard Sauce</b> Brown &amp; Wild Rice Zucchini &amp; Tomatoes Cantaloupe Cake</p>	<p>22 <b>Spaghetti w/ Meatballs</b> Dinner Roll Cauliflower &amp; Broccoli Caesar Salad w/ Croutons Banana</p>	<p>23 Orange Juice <b>Turkey Vegetable Stew or Lentil Stew</b> Biscuit Chopped Salad Baked Maple Pears</p>	
<p>26 <b>Beef Stew</b> Biscuit Chopped Greens &amp; Kale Salad Peaches</p>	<p>27 Chicken Vegetable Soup <b>Smothered Pork Chops or Smothered Chicken</b> Rice Barley Pilaf Brussels Sprouts Creamy Dill Cucumber Salad</p>	<p>28 <b>Beef Lasagna</b> Sourdough Bread w/ Garlic Spinach Romaine Lettuce Mango Chunks or Mandarin Oranges</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.