HUMAN SERVICES ASSOCIATION "*Where Caring Becomes Doing*" SENIOR DINING CENTER MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER $3.00 FEE FOR NON–SENIORS $7.00				**1** Tuscan Soup **BREADED FISH** Flour Tortilla Cilantro Lime Brown Rice Zucchini Medley Coleslaw w/Chipotle Dressing/Banana
4 Cream of Mushroom **BBQ HAMBURGER** WG Bun Broccoli Baked Beans Fresh Melon	**5** ***Cinco de Mayo Luncheon!*** **STEAK PICADO** Flour Tortilla Spanish Brown Rice Pinto Beans Green Salad w/Corn, Red Onion & Tomato for garnish Mandarin Orange w/Jicama Tres Leches Cake	**6** Chicken Tortilla Soup **TURKEY & CRANBERRY SALAD** WG Bread Garden Salad w/Vinaigrette Coleslaw Banana	**7** **ROAST BEEF w/GRAVY** WG Bread Mashed Potatoes Collard Greens Mandarin Oranges Green Gelatin	**8** ***Mother's Day Luncheon!*** **CHICKEN BREAST MILANO** Dinner Roll WG Rotini Pasta w/Sundried Tomatoes Steamed Carrots Marinated Garbanzo, Cucumber and Red Onions Salad w/Feta Cheese for garnish Fresh Fruit or Fruit Cup Cheesecake or White Cake
11 Turkey Rice Soup **TUNA SANDWICH** WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Applesauce	**12** **SPAGHETTI w/MEATBALLS** WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad Banana	**13** **CHICKEN ENCHILADA CASSEROLE** WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange/Sherbet	**14** ***Happy May Birthdays!*** Cabbage & Tomato Soup **LEMON PEPPER FISH** WG Roll Corn Green Beans Kiwi	**15** **PORK LOIN w/BLACK PEPPERCORN SAUCE** WG Bread Stuffing Fresh Sweet Potato Beet & Onion Salad Tangerine
18 Northern Bean Soup **BEEF CHILI MAC** WG Spiral Pasta Peas & Corn Chopped Spinach & Kale Salad w/Red Onions Pear	**19** ***Choice of Entrée*** **HERB BAKED FISH w/DILL SAUCE OR ROAST PORK w/MUSTARD SAUCE** WG Bread/Couscous Steamed Cabbage Waldorf Salad/Cookies	**20** Butternut Squash Soup **TURKEY A LA KING** WG Pasta Biscuits Cauliflower Marinated Beet Salad w/Onions Fresh Fruit	**21** **MEATLOAF w/RED SAUCE** Whole Grain Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish	**22** ***Memorial Day Luncheon!*** Orange Juice **!CHILI HOT DOG!** WG Hot Dog Bun Potato Salad Marinated Beet Salad w/Onions Watermelon Wedge
25 ALL SITES CLOSED 	**26** **BEEF PICADO** Flour Tortilla Brown Spanish Rice Black Beans Chopped Romaine Salad Mandarin Oranges w/Jicama	**27** Fideo Soup **TUNA SALAD** WG Bread Potato Salad Garden Salad, Shredded Purple Cabbage Garnish Cantaloupe	**28** **OVEN BAKED CHICKEN** WG Cornbread Stuffing Cauliflower Carrot & Raisin Salad Peach	**29** Minestrone Soup **MEATLOAF** WG Bread Broccoli Chopped Spinach & Kale Salad Banana

All MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE AIDE FOR CHOICE OF FRUIT !HIGH SODIUM! *MENU SUBJECT TO CHANGE WITHOUT NOTICE -

This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended. **RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES**