

HUMAN SERVICES ASSOCIATION "Where Caring Becomes Doing" ✨ **SENIOR DINING CENTER** **AUGUST 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00</p>		<p>1 CHICKEN MOLE (L&T) Spanish Brown Rice Pinto Beans Corn Relish Salad Kiwi Rainbow Sherbet</p>	<p>2 Vegetable Soup STUFFED BELL PEPPER WG Roll Carrots Mashed Potatoes Banana</p>
<p>5 BEEF PICADO Flour Tortilla Black Beans Brown Spanish Rice Chopped Romaine Salad Mandarin Oranges w/Jicama</p>	<p>6 Cream of Mushroom Soup TUNA SALAD WG Bread Potato Salad Garden Salad w/ Red Onion Cantaloupe</p>	<p>7 OVEN BAKED CHICKEN (L&T) Cornbread Stuffing Peas & Onions Carrot & Raisin Salad Kiwi</p>	<p>8 Corn Chowder Soup SWEDISH MEATBALLS WG Bread Mashed Potatoes Chopped Spinach & Kale Applesauce</p>	<p>9 HAWAIIAN LUAU! HAWAIIAN CHICKEN Brown Rice Pilaf Green Beans Spinach Salad w/Mandarin Oranges Fresh Fruit Coconut Cake</p> 
<p>12 Split Pea Soup BAKED ZITI (TURKEY) WG Pasta Sourdough Bread Corn Zucchini Medley Kiwi</p>	<p>13 ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE Couscous Pilaf Broccoli & Cauliflower Chopped Salad Apple or Applesauce Green Gelatin</p>	<p>14 Tomato Soup MEATLOAF w/GRAVY WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish</p>	<p>15 Happy August Birthdays! BBQ CHICKEN (L&T) WG Dinner Roll Carrots Baked Beans Orange "Cake"</p> 	<p>16 Choice of Entrée GARLIC BUTTER FISH OR SWEET & SOUR PORK Brown Rice Spinach Coleslaw Banana</p>
<p>19 Chicken Cilantro Soup BBQ HAMBURGER WG Bun Broccoli Macaroni Salad Plum or Pear</p>	<p>20 BEEF STEW w/ POTATOES, CELERY, ONION WG Dinner Roll Carrots Creamy Dill Cucumber Salad Orange Fruited Vanilla Yogurt</p>	<p>21 Lentil Soup CHICKEN MARSALA w/MUSHROOM & WHITE WINE SAUCE WG Penne Pasta Peas & Onions Marinated Beet Salad Kiwi</p>	<p>22 BREADED FISH Flour Tortilla (1) Brown Spanish Rice Zucchini Medley Creamy Coleslaw w/Chipotle Dressing Banana</p>	<p>23 Cream of Mushroom Soup HAWAIIAN CHICKEN w/ PINEAPPLE Brown Rice Mixed Vegetables Chopped Asian Salad w/Romaine & Green Onions Cantaloupe</p>
<p>26 Choice of Entrée TURKEY CHILLI w/BARLEY OR VEGETARIAN CHILI w/BARLEY Cornbread / Baked Potato Chopped Kale & Spinach Salad w/Tomatoes Watermelon</p>	<p>27 CREAMY CILANTRO BAKED FISH Biscuit Brown Rice Pilaf Broccoli Romaine Caesar Salad w/Croutons Kiwi</p>	<p>28 ROAST BEEF W/GRAVY WG Roll Mashed Sweet Potatoes Collard Green Waldorf Salad Vanilla Wafer</p>	<p>29 Fideo Soup CHICKEN SALAD BOWL WG Roll Garden Salad Garbanzo Bean w/Red Onion, Celery & Tomato Mandarin Oranges</p>	<p>30 Labor Day Luncheon! Orange Juice !CHILI HOT DOG! Hot Dog Bun Potato Salad Marinated Beet Salad w/Onions Watermelon Wedge</p> 

All MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE MANAGER 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**