

LUNCH MENU DECEMBER 2019

Only those 60 & over and their spouses of any age are eligible for this program.

Check-In Begins 10:30 a.m. Food Service 11:30 a.m.-Until Food runs out. Program Ends at 12:30p.m.

Voluntary suggested contribution per person for registered participants 60 & over and their spouses is \$3. The mandatory fee for those 59 & below and non-registered seniors is \$4. If asked to show proof of age, please comply, as it is necessary for us to meet these requirements, which are set forth by our agency.

Only those 60 & over and their spouse can make a lunch reservation between 9:30 a.m. - 12:00 p.m. the day before. Please sign in for your lunch ticket before 11:15 a.m. Those 59 and under may not make a meal reservation.

For Reservations call the lunchroom at (310) 253-6726. For Information call (310) 253-6712.

1% and non-fat milk are served every day. Fresh fruit is available upon request as a lower calorie substitution. Please obtain a special ordering ticket at the lunch room sign-in desk.

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Grape Juice Swedish Beef Meatballs WG Tarragon Noodles WG Roll Peas with Onions LS Beet Salad with Oranges Oatmeal Cookie Trans Fat-Free Spread	Karaoke Day LS Vegetable Barley Soup Oven Fried Chicken Macaroni and Cheese Fresh Baked Sweet Potato OR Yam Coleslaw with Pineapples Apple OR Unsweetened Applesauce	Turkey Chow Mein <i>with celery, peas, corn, turnips</i> Brown Jasmine Rice Mixed Green Salad <i>with Tomato and Radish</i> LS Asian Dressing Fruit Cup Tangerine OR Tangelo	Orange Juice Cheeseburger WG Bun Oven Roasted Potato Carrot Raisin Salad Banana	LS Split Pea Soup Baked Salmon with Dill Sauce WG Roll Whipped Cauliflower Spinach Salad with Mandarin Oranges French Dressing Fresh Pear OR Peach Trans Fat-Free Spread
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
LS Egg Drop Soup Cashew Chicken Brown Jasmine Rice Carrots and Zucchini with Herbs Coleslaw Mixed Fruit Cup	Karaoke Day Stuffed Bell Pepper WG Roll Broccoli Crowns Mixed Salad <i>with Kale, Brussels Sprouts and Mango</i> 1000 Island Dressing Fresh Pear Trans Fat-Free Spread	LS Butternut Squash Soup Choice Day Baked Fish with Cilantro Pesto OR Vegetable Quiche Vegetable Barley Pilaf Green Peas and Onions Spinach Salad <i>with Kale, Bell Peppers, and Cucumbers</i> Raspberry Vinaigrette Orange	100% Apple Juice Chicken Dijon Brown Rice Pilaf Green Beans with Olive Oil Beet Salad with Mandarin Oranges Sugar Cookie	Holiday Party Special Ticket Required Orange Juice Roast Turkey Cranberry Sauce Whole Grain Roll Whipped Sweet Potato Green Beans with Almonds Lettuce and Tomato Salad 1000 Island Dressing Apple Pie Trans Fat-Free Spread
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
LS Tomato Basil Soup Fish w/ Lemon Sauce WG Roll Broccoli Spinach Salad with Cucumbers Vinaigrette Orange Trans Fat-Free Spread	Karaoke Day Orange Juice Tandoori Style Chicken Pita Bread Brown Rice Ginger Carrots Mesclun Salad Mix <i>with Radish and Chickpeas</i> Ranch Dressing Banana Trans Fat-Free Spread	Spaghetti and Beef Meatballs WG Pasta with LS Sauce Italian Vegetable Blend <i>(Cauliflower, Italian Beans, and Zucchini)</i> Caesar Salad with Romaine, Croutons, and Parmesan Caesar Dressing Cantaloupe	Choice Day Tarragon Turkey Stew OR Lentil Stew TFF Biscuit Green Salad with <i>Shredded Brussels Sprouts, Carrots, Bell Pepper, and Cucumber</i> Italian Dressing Fresh Fruit Cup Trans Fat-Free Spread	LS Tortilla Soup BBQ Chicken WG Roll LS Black Eyed Peas Cabbage and Kale Salad 1000 Island Dressing Apple OR Unsweetened Applesauce Trans Fat-Free Spread
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Orange Juice Roast Turkey Cranberry Sauce Whole Grain Roll Whipped Sweet Potato Green Beans with Almonds Lettuce and Tomato Salad 1000 Island Dressing Trans Fat-Free Spread  <i>Hanukkah begins December 22 at Sunset</i>	Karaoke Day LS Potato Leek Soup Breaded White Fish Tartar Sauce WG Roll Barley with Herbs Green Beans with Olive Oil and Herbs LS Beet Salad with Oranges Chocolate Pudding Trans Fat-Free Spread	SENIOR CENTER CLOSED 	LS Red Bean with Ginger Soup Beef Vegetable Stir Fry <i>(Broccoli, Celery, Onions, and Bamboo Shoots)</i> Jasmine Brown Rice Spinach Salad with Mandarin Oranges Banana	Turkey Meatloaf with LS Mushroom Sauce WG Bread Sage Mashed Potatoes with LS Gravy Carrots and Peas Cantaloupe OR Orange Trans Fat-Free Spread
Monday 30	Tuesday 31	 "If you really want to make a friend, go to someone's house and eat with him... the people who give you their food give you their heart." - Cesar Chavez		
Orange Juice Beef Bolognese with Penne Pasta and LS Tomato Sauce Herbed Zucchini and Cauliflower with Olive Oil Caesar Salad with <i>Romaine, Croutons, and Parmesan</i> Caesar Dressing Apple OR Unsweetened Applesauce	New Year Celebration Party Special Ticket Required Orange Juice Chicken Marsala Whole Grain Roll Baked Potato Winter Squash Mixed Green Salad Blue Cheese Dressing Decorated Cake Trans Fat-Free Spread			

*MENU SUBJECT TO CHANGE