



# July 2010

# WISE & Healthy Aging "Healthy Lunches Program"

Lunches catered by :  
**Integrated Support Solutions Inc. (ISSI)**  
 1-818-947-2792  
 We welcome your comments and suggestions.  
 Larry Cantrell - Chef

Funded in part through Title III of the Older Americans Act of 1965, as amended by the L.A. County Area Agency on Aging. Saturday lunches are served at the Senior Recreation Center only, from 11:00AM - 12:30PM. Virginia Avenue Park is Thursdays only!!

Menu subject to change without notice. Suggested donation \$2.50 for seniors 60+ Call between 10:30 AM-12:30 PM one weekday in advance for reservations. Saturday lunches must be reserved on Thursday.

Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Low fat &amp; No fat milk is available with every lunch.</b></p> 	<p><b>Senior Recreation Center:</b>            1450 Ocean Avenue 310 458-2219  <b>Ken Edwards Center:</b>            1527 4th St. 310 395-8478  <b>Reed Park:</b>            7th Street &amp; Wilshire Blvd. 310 458-8315  <b>Virginia Ave. Park:</b>            310-452-7802</p>		<p><b>1</b>  <i>Lentil Soup</i>  <i>Oven Crisp Chicken with Gravy</i>  <i>Whole Grain Roll</i>  <i>Green Peas</i>  <i>Yellow Rice</i>  <i>Fresh Orange</i></p>	<p><b>2</b>  <i>Minestrone Soup</i>  <i>Baked Garlic Fish or Chicken Parmesan</i>  <i>Parsley Noodles</i>  <i>Wheat Bread</i>  <i>Creamed Spinach</i>  <i>Cantaloupe &amp; Strawberries</i></p>	<p><b>3</b>  <i>Grape Juice</i>  <i>Egg Salad Sandwich</i>  <i>Lettuce and Tomato</i>  <i>Whole Wheat Bread</i>  <i>Creamy Coleslaw</i>  <i>Fruit Cocktail</i></p>
<p><b>5</b>   <b>July 4th Holiday</b>  <i>All Sites are Closed We will see you tomorrow!</i></p>	<p><b>6</b> <i>Garden Vegetable Soup</i>  <i>Beef Stew</i>  <i>Whole Grain Roll</i>  <i>Carrots</i>  <i>Potato, Peas &amp; Onions</i>  <i>Pineapple &amp; Mandarin Orange</i></p>	<p><b>7</b> <i>Herbed Baked Chicken</i>  <i>Corn Bread</i>  <i>Stuffing</i>  <i>Sweet Potato</i>  <i>Creamy Coleslaw</i>  <i>Trans Fat Free Spice Cake</i></p>	<p><b>8</b> <i>Mexican Casserole with Ground Beef</i>  <i>Noodles in Entrée</i>  <i>Whole Grain Roll</i>  <i>Mixed Veggies</i>  <i>Romaine Salad with Italian Dressing</i>  <i>Cantaloupe</i></p>	<p><b>9</b> <i>Navy Bean Soup/ Baked Fish or Polish Turkey</i>  <i>Sausage/ Whole Wheat Bread</i>  <i>Carrots</i>  <i>Oven Browned Potatoes</i>  <i>Fresh Orange</i></p>	<p><b>10</b> <i>Apple Juice</i>  <i>Tuna Salad Sandwich</i>  <i>Whole Wheat Bread</i>  <i>Marinated Cucumber Salad</i>  <i>Oatmeal Cookie</i></p>
<p><b>12</b> <i>Chili Mac w/ Ground Beef</i>  <i>Whole Grain Roll</i>  <i>Normandy Vegetables</i>  <i>Tossed Salad w/ 1000 Is. Dressing</i>  <i>Orange or Tangerine</i></p>	<p><b>13</b> <i>Chicken Stir Fry</i>  <i>Steamed Brown Rice</i>  <i>Carrots, Snow Peas, Celery &amp; Onion (in entrée)</i>  <i>Pineapple</i>  <i>Coleslaw</i>  <i>Banana</i></p>	<p><b>14</b> <i>Tuna Noodle Casserole</i>  <i>White Bread</i>  <i>Creamed Spinach</i>  <i>Broccoli &amp; Raisin Salad</i>  <i>Coconut pudding (trans fat free)</i></p>	<p><b>15</b> <i>Orange Juice</i>  <i>Beef Enchilada w/cheese</i>  <i>Spanish Rice</i>  <i>Cabbage</i>  <i>Apple Nut Salad w/French Dressing</i>  <i>Carrot Cake (trans fat free)</i></p>	<p><b>16</b> <i>Herbed Fish or Cranberry Chicken</i>  <i>Whole Grain Roll</i>  <i>Mashed Potato</i>  <i>Spinach Salad w/ Mandarin Oranges</i>  <i>Seasonal Fruit</i></p>	<p><b>17</b> <i>Orange Juice</i>  <i>Sub Sandwich (beef &amp; ham ) w/ Lettuce/Tomato</i>  <i>Marinated Beans, Carrot &amp; Onion Salad</i>  <i>Oatmeal Cookies</i></p>
<p><b>19</b> <i>Vegetable Beef Soup</i>  <i>Chinese Chicken Stir Fry</i>  <i>White Rice</i>  <i>Whole Grain Roll</i>  <i>California Blend</i>  <i>Melon</i></p>	<p><b>20</b> <i>Beef w/ Chimichuri (special herb blend)</i>  <i>Mashed Potato</i>  <i>Italian Vegetables</i>  <i>Creamy Coleslaw</i>  <i>Lemon Cake (trans fat free)</i></p>	<p><b>21</b> <i>Chicken Rice Soup</i>  <i>Spinach Quiche</i>  <i>Whole Wheat Bread</i>  <i>Green Peas &amp; Red Peppers</i>  <i>Citrus Fruit</i></p>	<p><b>22</b> <i>Minestrone Soup</i>  <i>BBQ Chicken</i>  <i>Corn Bread</i>  <i>Oven Browned Potatoes</i>  <i>Steamed Cabbage and Carrots</i>  <i>Fresh Orange</i></p>	<p><b>23</b> <i>Orange Juice</i>  <i>Citrus Baked Fish or Turkey Bean Chili</i>  <i>Brown Rice</i>  <i>Whole Grain Roll</i>  <i>Seasoned Spinach</i>  <i>Romaine Salad w/Italian Dressing</i>  <i>Oatmeal Cookie</i></p>	<p><b>24</b> <i>Pineapple Juice</i>  <i>Turkey &amp; Swiss Sandwich on WW</i>  <i>Macaroni Salad</i>  <i>Coleslaw</i>  <i>Fresh Seasonal Fruit</i></p>
<p><b>26</b> <i>Beef Burrito w/ flour tortilla</i>  <i>Spanish Rice</i>  <i>Cut Corn</i>  <i>Spinach Salad w/ Citrus Dressing &amp; Mandarin Oranges</i>  <i>Banana</i></p>	<p><b>27</b> <i>Tomato Soup</i>  <i>Chicken Paprika w/sauce</i>  <i>Barley Pilaf</i>  <i>Mixed Vegetables</i>  <i>Cantaloupe</i></p>	<p><b>28</b> <i>Split Pea Soup</i>  <i>Meatloaf w/Gravy</i>  <i>Whole Grain Roll</i>  <i>Mashed Potato</i>  <i>California Blend</i>  <i>Vegetables</i>  <i>Rice Pudding (trans fat free)</i></p>	<p><b>29</b> <i>Roja Salsa Pork</i>  <i>Whole Grain Roll (w/trans fat free spread)</i>  <i>Coleslaw</i>  <i>Baked Beans</i>  <i>White/Yellow trans fat free Cake</i></p>	<p><b>30</b> <i>Fish Vera Cruz or Sweet &amp; Sour Pork</i>  <i>Brown Rice</i>  <i>Carrots</i>  <i>Garden Salad w/Ranch Dressing</i>  <i>Fresh Orange</i></p>	<p><b>31</b> <i>Apple Juice</i>  <i>Tuna Salad Sandwich on WW</i>  <i>w/Lettuce and Tomato Slice</i>  <i>Marinated Veggies</i>  <i>Oatmeal Cookies</i></p>