



September 2010

WISE & Healthy Aging "Healthy Lunches Program"

Menu subject to change without notice. There is a suggested \$2.50 donation for seniors 60+ if you are able. Call between 10:30 and 11:30AM one day in advance for reservations. **You must be present at 12:00PM to guarantee your reserved lunch.** Saturday reservations are only taken on Thursday.

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 served at the Senior Recreation Center only, from 11:00AM - 12:30PM. Virginia Avenue Park is open for lunch Thursdays only!!

Mon	Tue	Wed	Thu	Fri	Sat
<p>Low fat and non fat milk is available with every reserved healthy lunch!</p>		<p>1 Minestrone Soup Swedish Meatballs w/Sour Cream Sauce Spiral Pasta Normandy Veggies Tossed Salad with Radishes & Ranch French Bread Fresh Banana</p>	<p>2 Creamy Tomato Soup/ Chicken Fajitas w/Flour Tortillas/Tex-Mex Rice w/Corn Marinated Tomato, Green Pepper, Onion Salad /Pinto Beans Fruit Cup</p>	<p>3 Vegetable Soup Fish w/ Tomato Sauce <u>or</u> Pork Lo Mein / White Rice Broccoli w/ Red Peppers / Romaine Salad w/ Radishes Whole Grain Roll Chocolate Pudding</p>	<p>4 Grape Juice Tuna Salad w/ Celery & Onion on French Bread Macaroni Salad Waldorf Salad Fresh Honeydew</p>
<p>6 All Sites are Closed Today to Celebrate Labor Day!!</p>	<p>7 Apple Juice Beef & Cheese Lasagna Normandy Veggies Lettuce Salad w/Mushrooms & French Dressing French Bread Tapioca Pudding</p>	<p>8 Split Pea Soup Cheeseburger on Whole Grain Bun (lettuce, tomato & pickle)/ Potato Salad Broccoli w/ Red Peppers Peach Cobbler</p>	<p>9 Minestrone Soup BBQ Chicken Leg Quarter Peas and Carrots Coleslaw Corn Bread Fresh Orange Sections</p>	<p>10 Creamy Squash Soup/ Sweet & Sour Pork <u>or</u> Oven Baked Fish/ Rice w/Mixed Veggies Tossed Salad w/ Creamy Italian Dressing Spice Cake</p>	<p>11 Roast Beef w/ Jack Cheese on Whole Grain Bread Potato Salad Carrot Raisin Salad Cantaloupe <u>or</u> Fresh Honey Dew <u>or</u> Peach</p>
<p>13 Navy Bean Soup Hot Sliced Turkey w/Gravy on Whole Grain Bread Mashed Potatoes Cranberry Sauce Broccoli Marinated Beet & Onion Salad Fresh Apple <u>or</u> Peach</p>	<p>14 Beef Barley Soup Chicken Cacciatore White Rice Green Beans w/ Tomato/ Tossed Salad w/ Red Cabbage, Mushrooms, Italian Dressing P Butter Cookies</p>	<p>15 Lentil Soup Meatloaf w/Italian Tomato Sauce Au Gratin Potatoes Mixed Vegetables Romaine Salad w/ Mushrooms & Italian Dressing Citrus Fruit Cup</p>	<p>16 Albóndigas Soup Pork Carnitas w/Flour Tortilla Spanish Rice Pinto Beans Salad w/ Tomato Onion & Mushrooms Ranch Dressing Custard</p>	<p>17 Orange Juice Baked Salmon <u>or</u> Turkey Bean Chili Carrots & Broccoli Garden Salad w/ Green Peppers, Radishes & French Dressing Whole Grain Roll Cherry Gelatin</p>	<p>18 Apple Juice Turkey Ham & Cheese Sandwich on Rye Bread (lettuce & tomato) French Potato And Citrus Salad Oatmeal Raisin Cookies</p>
<p>20 Lentil Soup Oven Fried Chicken w/gravy Mashed Potatoes Parsley Carrots Marinated Tomato, Green Pepper & Onion Salad Chocolate Pudding</p>	<p>21 Creamy Corn Soup Tuna Salad Sandwich on Whole Grain Bread Macaroni Salad Broccoli w/Red Cabbage & Carrot Oatmeal Cookies</p>	<p>22 Navy Bean Soup Stuffed Bell Pepper w/ Ground Beef Scalloped Potatoes Green Beans & Corn Creamy Coleslaw Apple Cobbler</p>	<p>23 Vegetable Soup Chicken Fajitas White Rice Baked Summer Squash Lettuce & Tomato Salad w/ Ranch Dressing Cantaloupe</p>	<p>24 Broccoli Cheese Soup/ Chipotle Pork <u>or</u> Fish Vera Cruz Mashed Sweet Potatoes Creamed Spinach Caesar Salad Whole Grain Roll Citrus Fruit Cup</p>	<p>25 Hoagie w/ Turkey, Salami, Turkey Ham, Jack Cheese (lettuce & tomato) Pickle Spear 3 Bean Salad Coleslaw Sugar Cookies</p>
<p>27 Orange Juice Turkey ala King Biscuit Broccoli and Corn Lemon Gelatin w/ Mandarin Oranges, Celery and Carrots Fresh Apple</p>	<p>28 Tomato Soup Roast Beef w/ Gravy Roasted Red Potatoes Mixed Vegetables Carrot Broccoli Slaw Lime Gelatin w/Pears And Mandarin Oranges</p>	<p>29 Creamy Squash Soup/ Pork Loin Roast w/ Gravy Honey Glazed Sweet Potatoes Pickled Beets w/ Red Cabbage & Carrots Honey Dew Melon</p>	<p>30 Lentil Soup Citrus Marinated Chicken Spanish Rice Refried Beans Lettuce & Tomato w/Green Onions & French Dressing Citrus Fruit Cup</p>	<p>Senior Recreation Center.: 1450 Ocean Avenue 310 458-2219 Ken Edwards Center.: 1527 4th St. 310 395-8478 Reed Park: 7th Street & Wilshire Blvd. 310 458-8315 Virginia Avenue Park: 310-452-7802</p>	