



# February 2018



## Congregate Meal Program

### Menu Subject to Change

NCC	Nakaoka Community Center	1670 W. 162nd Street 90247	Gardena	(310) 217-9552	Hours: 8am - 5pm
RP	Rowley Park (Mon / Wed)	13220 S. Van Ness Ave. 90249	Gardena	(310) 217-9552	Hours: 11am - 2pm
SDCC	Senior Day Care Center	14517 Crenshaw Blvd. 90249	Gardena	(310) 217-9550	Hours: 9am - 3pm
LSC	Lawndale Senior Center	14700 Burin Avenue 90260	Lawndale	(310) 973-3270	Hours: 8am - 5pm

Week 6 Menu A


Week 1 Menu B

Week 2 Menu B

Week 3 Menu B

Week 4 Menu B



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Reservation Required</b>			<b>Tuna Salad Sandwich</b> Tomato Soup Whoel Grain Bread Lettuce Leaf Tomato Slice 3 Bean Salad Cantaloupe	<b>CHOICE DAY</b> <b>Chicken Piccata</b> OR <b>Pork Piccata</b> Barley w/ Parsley Whole Grain Roll Collard Greens Field Green Salad w/ Pimento & Ranch Orange
<i>Non Member Suggested Donation \$5.00</i>				
<i>SCAMP Member Suggested Donation: \$2.75</i>				
<b>Milk Served with Every Meal</b>				
<b>Baked Ziti w/ Ground Turkey</b> Brussels Sprouts or Cauliflower Tossed Salad w/ Italian Dressing Banana	<b>Pork Au Jus</b> Minestrone Soup Cajun Couscous Squash Medley Lettuce and Red Cabbage Salad w/ Balsamic Dressing Mango	<b>Beef Stew</b> Whole Grain Bread Spinach Salad w/ Ranch Dressing Mandarin Oranges	<b>CHOICE DAY</b> <b>Balsamic Chicken</b> OR <b>Balsamic Pork</b> White Bean Soup Indian Barley Dinner Roll Baked Sweet Potato Cucumber Salad Peaches	<b>Korean Beef BBQ</b> Brown Rice Broccoli Garden Salad w/ Asian Dressing Apricots
<b>Chicken Enchilada Casserole</b> Shredded Lettuce & Tomato Coleslaw w/ Shredded Carrots Baked Apple	<b>Spaghetti w/ Meat Sauce</b> Grape juice White Bread Brussels Sprouts or Cauliflower Green Bean Salad Chocolate Cake	<b>CHOICE DAY</b> <b>Teriyaki Chicken</b> OR <b>Teriyaki Pork</b> Brown Rice Stir Fry Vegetables Chopped Asian Salad Canned Peaches	<b>SPECIAL LUNCH</b> Orange Juice Chicken Kabob Rice Pilaf Whole Grain Bread Mixed Vegetables Tossed Green Salad w/ Italian Dressing Chocolate & Vanilla Mixed Pudding	<b>Tuna Salad Sandwich</b> Tomato Bisque Whole Grain Bread Spinach Salad w/ French Dressing Cantaloupe
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <b>Closed in Observance of President's Day</b> </div>	<b>Oven Fried Herb Chicken</b> Beef Vegetable Soup Cornbread Cooked Kale and Spinach Butternut Squash Diced Pears w/ Mango Garnish	<b>Meatloaf w/ Brown Gravy</b> Whole Grain Bread Peas Mashed Potatoes Orange Chocolate Pudding	<b>Chicken Enchilada Verde Casserole</b> Brown Rice Pinto Beans Carrot Raisin Salad Cantaloupe Tortilla Soup <b>Candlelight Dinner</b>	<b>CHOICE DAY</b> <b>Beef Stir Fry</b> OR <b>Pork Stir Fry</b> Whole Grain Bread White Rice Asian Vegetables Coleslaw Seasonal Fruit
<b>Baked Potato w/ Ground Turkey Chili</b> Cornbread Cooked Broccoli Banana	<b>CHOICE DAY</b> <b>Carnitas Taco (Pork)</b> OR <b>Beef Taco</b> Cheese and Salsa Flour Tortilla Black Beans Carrot Raisin Salad Oatmeal Cookies Orange Juice	<b>Chicken Salad Sandwich</b> Corn Chowder Brown Rice Cooked Kale and Spinach Coleslaw Seasonal Fresh Fruit	