



March 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 4 Menu B

Week 5 Menu B

Week 6 Menu B

Week 1 Menu A

Week 2 Menu A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCAMP Member Suggested Donation: \$2.75			Salmon Loaf Whole Grain Couscous Whole Grain Bread Cauliflower Mixed Field Greens w/ Italian Dressing Baked Apple	American Beef Goulash Squash Medley 3 Bean Salad w/ Balsamic Dressing Orange
Reservation Required				
Non Member Suggested Donation \$5.00				
Milk Served with Every Meal				
Herb Baked Chicken Barley w/ Parsley Collard Greens Cucumber Onion Dill Salad Cantaloupe	CHOICE DAY Turkey Burger OR Veggie Burger Italian Wedding Soup Bun Lettuce leaf Tomato Slice Potato Salad Orange	Spaghetti w/ Red Sauce Whole Grain Bread Broccoli Tossed Salad w/ Italian Dressing Apricots	Asian Chicken Egg Drop Soup Brown Rice Green Peas Lettuce Salad w/ Asian Dressing Mandarin Oranges	Vegetarian Lasagna Carrots Caesar Kale Salad Mango Chunks
Swedish Meatballs Lentil Soup Whole Grain Roll Mashed Potatoes Chopped Salad Canned Pears	Creole Fish Bow Tie Pasta w/ Garlic & Lemon Pepper Broccoli Marinated Beet Salad Banana	SPECIAL LUNCH Corned Beef Orange Juice Rye Bread Steamed Cabbage Boiled New Potatoes Carrot Raisin Salad Green Jello	Tuna Salad Sandwich Tomato Soup Whole Grain Bread Lettuce Leaf Tomato Slice 3 Bean Salad Cantaloupe	CHOICE DAY Chicken Piccata OR Pork Piccata Barley w/ Parsley Whole Grain Roll Collard Greens Field Green Salad w/ Pimiento & Ranch Orange
Baked Ziti w/ Ground Turkey Brussels Sprouts or Cauliflower Tossed Salad w/ Italian Dressing Banana	Pork Au Jus Minestrone Soup Cajun Couscous Squash Medley Lettuce and Red Cabbage Salad w/ Balsamic Dressing Mango	Beef Stew Whole Grain Bread Spinach Salad w/ Ranch Dressing Mandarin Oranges	CHOICE DAY Balsamic Chicken OR Balsamic Pork White Bean Soup Dinner Roll Baked Sweet Potato Cucumber Salad Peaches Indian Barley	Korean Beef BBQ Brown Rice Broccoli Garden Salad w/ Asian Dressing Apricots
Breaded Fish Taco Chipotle Sauce Flour Tortilla Shredded Lettuce & Tomato Sauce Coleslaw w/ Shredded Carrots Baked Apple	Spaghetti w/ Meat Sauce Grape Juice White Bread Brussels Sprouts or Cauliflower Green Bean Salad Chocolate Cake	CHOICE DAY Teriyaki Chicken OR Teriyaki Pork Egg Drop Soup Brown Rice Stir Fry Vegetables Chopped Asian Salad Canned Peaches	Baked Tilapia w/ Dill Barley w/ Parsley Succotash Mixed Field Greens w/ Italian Dressing Orange	Tuna Salad Sandwich Tomato Bisque Whole Grain Bread Spinach Salad w/ French Dressing Cantaloupe

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