



# November 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
Member Suggested Donation: \$2.75			<b>CHOICE DAY</b> 1	2
Guest Cost: \$5.00			<b>Oven Fried Chicken</b> OR <b>Oven Fried Fish</b>	<b>Spaghetti w/ Meat Sauce</b>
Call Senior Office with Cancellations			Whole Grain Bread Stuffing Baked Sweet Potato Cubes Tri-Color Coleslaw Ambrosia Salad	Lentil Soup Whole Grain Bread Squash Medley Caesar Salad Cantaloupe
Milk Served with Every Meal				
5 <b>Breaded Fish Taco</b> w/ Chipotle Sauce Flour Tortilla Shredded Lettuce & Tomato Coleslaw w/ Carrots Orange	6 <b>Baked Ziti w/ Turkey</b> Minestrone Soup Whole Grain Bread Brussels Sprouts or Cauliflower Tossed Salad w/ Italian Dressing Banana	7 <b>Herb Roasted Chicken w/ Mustard Sauce</b> White Bean Soup Cajun Couscous Squash Medley Lettuce and Red Cabbage Salad Cantaloupe	8 <b>Beef Stew</b> Whole Grain Bread Spinach Salad w/ French Dressing Mandarin Oranges	9 <b>CHOICE DAY</b> <b>Teriyaki Chicken</b> OR <b>Teriyaki Pork</b> Brown Rice Stir Fry Vegetables Asian Salad Peaches
12 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Closed to Observe Veteran's Day</b> </div>	13 <b>CHOICE DAY</b> <b>Baked Chicken</b> OR <b>Baked Breaded Fish w/ Lemon Sauce</b> Whole Grain Couscous Green Peas Garden Salad w/ Ranch Dressing Cantaloupe	14 <b>Ground Beef Enchilada Casserole</b> Vegetable Soup Mexicali Corn Mixed Field Greens w/ Italian Dressing Orange	15 <b>Balsamic Chicken</b> Whole Grain Roll Baked Sweet Potato Cubes Marinated Cucumber Salad Peaches	16 <b>Vegetarian Lasagna</b> Grape Juice Whole Grain Bread Broccoli Green Bean Salad w/ Balsamic Dressing Chocolate Cake
19 <b>Special Lunch</b> <b>Roast Turkey</b> Cranberry Juice Dinner Roll Cornbread Stuffing Peas and Carrots Mashed Potatoes Green Salad w/ French Dressing Pumpkin Cake	20 <b>CHOICE DAY</b> <b>Beef Stir Fry</b> OR <b>Pork Stir Fry</b> Brown Rice Asian Vegetables Coleslaw Seasonal Fruit	21 <b>Oven Fried Herb Chicken</b> Apple Juice Whole Grain Roll Cooked Kale Garden Salad w/ Ranch Dressing Carrot Cake	22 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Closed to Observe Thanksgiving Holiday</b> </div>	23 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Closed to Observe Thanksgiving Holiday</b> </div>
26 <b>Beef and Pasta Alfredo</b> Whole Grain Bread Collard Greens Caesar Salad Mango	27 <b>Herb Baked Chicken</b> Split Pea Soup Whole Grain Roll Cauliflower Cucumber Onion and Dill Salad Pineapple Tidbits	28 <b>CHOICE DAY</b> <b>Pork (Carnitas) Taco</b> OR <b>Beef Taco</b> Salsa and Cheese Flour Tortilla Black Beans Carrot Raisin Salad Chocolate Pudding	29 <b>Chicken Salad Sandwich</b> Corn Chowder Whole Grain Bread Lettuce and Tomato Coleslaw Seasonal Fruit	30 <b>Fish Scampi</b> Couscous Whole Grain Bread Broccoli Mixed Field Greens w/ Italian Dressing Applesauce w/ Cinnamon

