



February 2019



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 1 Menu B

Week 2 Menu B

Week 3 Menu B

Week 4 Menu B

Week 5 Menu B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reservation Required				CHOICE DAY 1
<i>Non Member Suggested Donation \$5.00</i>				Teriyaki Chicken OR Teriyaki Pork Brown Rice Stir Fry Vegetables Asian Salad Peaches
<i>SCAMP Member Suggested Donation: \$2.75</i>				
Milk Served with Every Meal				
4 Korean Beef BBQ Egg Drop Soup Steamed Rice Brussels Sprouts or Cauliflower Spring Mix w/ Balsamic Dressing Apricots	5 CHOICE DAY Baked Chicken OR Baked Breaded Fish w/ Lemon Sauce Whole Grain Couscous Green Peas Garden Salad w/ Ranch Dressing Cantaloupe	6 Ground Beef Enchilada Casserole Vegetable Soup Mexicali Corn Mixed Field Greens w/ Italian Dressing Orange	7 Balsamic Chicken Whole Grain Roll Baked Sweet Potato Cubes Marinated Cucumber Salad Peaches	8 Vegetarian Lasagna Whole Grain Bread Broccoli Green Bean Salad w/ Balsamic Dressing Chocolate Cake Grape Juice
11 Tuna Salad Sandwich Tomato Bisque Whole Grain Bread Pea Salad w/ Red Onions Spinach Salad w/ French Dressing Orange	12 CHOICE DAY Beef Stir Fry OR Pork Stir Fry Brown Rice Asian Vegetables Coleslaw Seasonal Fruit	13 Special Lunch Chicken w/ Cream Sauce Orange Juice Alfredo Pasta Garlic Roll Petite Peas Green Salad w/ French Dressing Angel Food Cake	14 Shepherd's Pie Whole Grain Bread Green Beans w/ Garlic Chopped Salad w/ Balsamic Dressing Pineapple	15 Chicken Enchilada Verde Casserole Mexican Vegetable Soup Pinto Beans Carrot Raisin Salad Cantaloupe
18 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Closed in Observance of President's Day </div>	19 Herbed Baked Chicken Split Pea Soup Whole Grain Roll Cauliflower Cucumber Onion and Dill Salad Pineapple Tidbits	20 CHOICE DAY Pork Carnitas Taco OR Beef Taco Orange Juice Flour Tortilla Black Beans Carrot Raisin Salad Chocolate Pudding	21 Mushroom Chicken Corn Chowder Brown Rice Spinach Coleslaw Seasonal Fruit	22 Fish Scampi Couscous Whole Grain Bread Broccoli Mixed Field Greens w/ Italian Dressing Applesauce w/ Cinnamon
25 Honey Chicken Brown Rice Pilaf Squash Medley Spring Mix w/ 1000 Island Dressing Orange	26 Baked Potato w/ Ground Beef & Bean Chili Whole Grain Roll Broccoli Watermelon or Pear	27 CHOICE DAY Turkey Burger OR Veggie Burger Cream of Mushroom Soup Bun Mexicali Corn Lettuce & Tomato Cantaloupe	28 Beef Stroganoff Whole Grain Bread Collard Greens Tossed Salad w/ Italian Dressing Mango	 PRESIDENTS DAY

This project funded in part by the Area Agency on Aging through the Older Americans Act of 1965.

