



# DINING ROOM MENU FOR NOVEMBER 2024 SHERMAN OAKS/EAST VALLEY ADULT CENTER

Dining Center

818-981-1284, Ext. 216 or 207

Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>LUNCH IS SERVED AT 11:00 A.M. TO 12:00 P.M.</b></p>	<p><i>Daniela Parada</i> Dining Coordinator</p> <p><b>SUGGESTED CONTRIBUTION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER</b></p>	<p>As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.</p> <p><i>- John Fitzgerald Kennedy.</i></p> 		<p><b>1)</b> <b>Fish &amp; Chips</b> ** Roasted Sweet Potato Wedges *Coleslaw Fresh Peach or Plum WG Roll or Bread Tapioca Pudding</p>
<p><b>4)</b> <b>Southwest Shredded Chicken</b> Pinto Beans * Shredded Cabbage Mixed Salad Greens w/ Cilantro Dressing WG Warm Corn Tortilla Fresh or Unsweetened Peaches or Melon</p>	<p><b>5)</b> <b>Shepherd's Pie</b> **Carrots Mixed Salad Greens w/ French Dressing *Orange or Kiwi Whole Grain Roll</p>	<p><b>6)</b> <b>Baked Fish Almandine</b> Barley w/Herbs Green Beans w/Herbs ***Spinach Salad w/1000 Island Dressing Yogurt Parfait w/Berries</p>	<p><b>7)</b> <b>Cashew Chicken</b> Brown Rice Green Peas *LS Beet &amp; Mandarin Orange Salad Fresh Fruit in Season</p>	<p><b>8)</b> <b>Garden Vegetable Lasagna</b> w/WG Lasagna Pasta **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe or Orange</p>
<p><b>11)</b> <b>CENTER CLOSED IN OBSERVANCE OF</b></p> 	<p><b>12)</b> <b>Baked Pollack w/Lemon Sauce</b> Mixed Vegetable Blend ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll or Bread</p>	<p><b>13)</b> <b>BBQ Chicken</b> Brown Rice **Yam or Sweet Potato ***Tri Color Coleslaw w/ carrots Peach or Pear</p>	<p><b>14)</b> <b>Tamale Pie (Turkey)</b> Polenta/Cornmeal Entree Black Beans Mesclun Salad Mix w/ Cilantro Dressing *Pineapple/Mango Fruit Cup Whole Grain Roll Oatmeal Cookie</p>	<p><b>15)</b> <b>Meatloaf w/LS Gravy</b> Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll</p>
<p><b>18)</b> <b>Chicken Adobo</b> Brown Rice Green Peas Mesclun Salad w/Ranch Dressing *Pineapple/Mango Fruit Cup</p>	<p><b>19)</b> <b>Turkey Milanese</b> WG Linguine w/Pesto Sauce Cauliflower &amp; Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait</p>	<p><b>20)</b> <b>Salmon w/Dill Sauce</b> Green Beans ***Chopped Mixed Salad w/Italian Dressing Cinnamon Applesauce Whole Grain Roll</p>	<p><b>21)</b> <b>Asian Beef Stir Fry</b> Brown Rice **Mixed Asian Vegetables Beet Salad *=[Cantaloupe or Tangerine</p>	<p><b>22)</b> *=[100%] Orange Juice <b>Vegetarian Chili</b> Barley in Entree **Herb Roasted Carrots Mixed Salad Green w/ French Dressing Banana</p>
<p><b>25)</b> *=[ Orange Juice <b>Spaghetti w/Meat Sauce (turkey)</b> WG Spaghetti Tomato Sauce **Broccoli Caesar Salad w/Caesar Dressing Fresh Pear or Peach</p>	<p><b>26)</b> <b>Beef Fajita</b> LS Pinto Beans Tossed GGreen Salad w/ Cilantro Dressing *Pineapple/Mango Fruit Cup WG Warm Tortilla</p>	<p><b>27)</b> *=[ Orange Juice <b>Turkey Breast w/Gravy or Cornish Hen</b> Herb Stuffing Green Beans w/Almonds or Asparagus *Tossed Green Salad w/ Vinaigrette Dressing Whole Grain Roll Pumpkin Pie or Tart</p>	<p><b>28)</b> <b>CENTER CLOSED IN OBSERVANCE OF</b></p> 	<p><b>29)</b> <b>CENTER CLOSED IN OBSERVANCE OF</b></p>

6-8 oz Water & Non Fat Milk or 1%Low Fat Milk w/Every Meals

\* Indicates High in Vitamin C \*\* Indicates High in Vitamin A \*\*\* Indicates High in Vitamin C & A

[&] Indicates High in Fiber [+] Sodium [=] potassium

