



**DINING ROOM MENU FOR DECEMBER 2024  
SHERMAN OAKS/EAST VALLEY ADULT CENTER**

**Dining Center**

**818-981-1284, Ext. 1247 or 1224**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2)</b> <b>Fish Creole</b> Red Bean *Creamy Coleslaw Pear or Plum Warm WG Tortilla	<b>3)</b> <b>Chicken Dijon</b> Herb Zucchini & Green Beans ***Chopped Salad w/ Vinaigrette Dressing Fresh Fruit in Season Whole Grain Roll	<b>4)</b> * Orange Juice <b>Stuffed Bell Pepper</b> Barley in Entrée Mixed Vegetables Romaine Salad w/1000Island Dressing Apple Dinner Roll	<b>5)</b> <b>Tuscan Bean Stew</b> Roasted Cauliflower **Spinach Salad w/Ranch Dressing *Orange Whole Grain Roll	<b>6)</b> <b>Korean BBQ</b> Herbed Brown Rice Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/ Sliced Radish Pineapple
<b>9)</b> <b>Savory Beef Stew</b> Mashed Potatoes Roasted Brussels Sprouts *Orange WG Roll or WG Bread	<b>10)</b> <b>Turkey Vegetable Stir-Fry</b> Lo Mein Noodles **Vegetables in Entrée * Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Whole Grain Bread	<b>11)</b> <b>Caribbean Chicken</b> Brown Rice Pilaf Corn ***Carrot, Bell Pepper, Celery Salad Fresh Fruit	<b>12)</b> <b>Bolognese w/Penne Pasta</b> Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons w/Caesar Dressing Fruit Cup	<b>13)</b> <b>Fish &amp; Chips</b> w/Tartar Sauce **Roasted Sweet Potato Wedges *Coleslaw Fresh Peach or Plum Whole Grain Roll Tapioca Pudding
<b>16)</b> <b>SW Shredded Chicken</b> Warm Corn Tortilla LS Pinto Beans *Shredded Cabbage Mixed Salad Greens w/ Cilantro Dressing Fresh or Unsweetened Peach or Melon	<b>17)</b> <b>Shepherd's Pie</b> **Carrots Mixed Salad w/French Dressing *Kiwi Whole Grain Roll	<b>18)</b> <b>Baked Fish Almandine</b> Barley w/Herbs Green Beans w Herbs *** Spinach Salad w/1000 Island Dressing Yogurt Parfait w/ Berries	<b>19)</b> <b>Cashew Chicken</b> Brown Rice Green Peas *Beet & Mandarin Orange Salad Fresh Fruit in Season	<b>20)</b> <b>Garden Vegetable Lasagna</b> WG Lasagna Pasta **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe or Orange
<b>23)</b> *[-]Orange Juice <b>Roast Turkey w/Gravy</b> **Whipped Sweet Potato Green Beans w/Almonds or Asparagus Ambrosia Salad Whole Grain Roll Apple Pie	<b>24)</b> 1/2 DAY CLOSED 	<b>25)</b> CENTER CLOSED IN OBSERVANCE OF 	<b>26)</b> <b>Tamale Pie</b> (Ground Turkey) Polenta/Corneal LS Black Beans Mesclun Salad Mix w/ Cilantro Dressing *Pineapple/Mango Fruit Cup Oatmeal Cookie 	<b>27)</b> <b>Meatloaf w/LS Gravy</b> Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll
<b>30)</b> <b>Salmon w/Dill Sauce</b> Green Beans ***Chopped Mixed Salad w/Italian Dressing Cinnamon Applesauce Whole Grain Roll	<b>31)</b> 1/2 DAY CLOSED 		<b>Daniela Parada</b> <b>Dining Coordinator</b> SUGGESTED Contribution of \$3.10 For Those 60 Years Old and Over	<u>LUNCH IS                      SERVED AT                      11:00 A.M                      12:00 P.M.</u>



**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

