


**Alicia Broadous-Duncan Dining Center**  
**November 2024 - Congregate Menu**

| <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
|---|--|--|---|---|
| <p><b>RIN MIYAMOTO</b><br/> <b>Dining Coordinator</b><br/> <b>SUGGESTED DONATION OF</b><br/> <b>\$3.10 FOR THOSE 60 YEARS</b><br/> <b>OLD AND OVER</b></p>  |   |    |   | <p><b>1.</b><br/> <b>Fish &amp; Chips</b><br/> W/G Roll OR Bread<br/> Roasted Sweet Potato Wedges<br/> *Coleslaw<br/> Fresh Peach OR Plum<br/> Tapioca Pudding<br/> Low fat Milk</p>  |
| <p><b>4.</b><br/> <b>Southwest Shredded Chicken</b><br/> W/G Tortilla/Pinto Beans<br/> *Shredded Cabbage<br/> Mixed Salad Greens &amp; Radish<br/> w/Cilantro Dressing<br/> Fresh or U/S Peaches OR Melon<br/> Low fat Milk</p> | <p><b>5.</b><br/> <b>Shepherds Pie (Ground Beef)</b><br/> w/Mashed Potatoes<br/> Whole Grain Roll<br/> Carrots<br/> Mixed Salad Greens w/French<br/> *Kiwi Drsg<br/> Low fat Milk</p>                                | <p><b>6.</b><br/> <b>Baked Fish Almandine</b><br/> Barley w/Herbs<br/> Green Beans w/Herbs<br/> Spinach Salad w/Kale, Bell<br/> Pepper &amp; Cucumber w/1000<br/> Yogurt Parfait w/Berries Drsg<br/> Low fat Milk</p>  | <p><b>7.</b><br/> <b>Cashew Chicken</b><br/> Brown Rice<br/> Green Peas<br/> *Beet &amp; Mandarin Orange<br/> Salad<br/> Fresh Fruit in Season<br/> Low fat Milk</p>                                  | <p><b>8.</b><br/> <b>Garden Vegetable Lasagna w/<br/> Zucchini &amp; Mushrooms</b><br/> Broccoli<br/> Caesar Salad w/Caesar Dressing<br/> *Cantaloupe OR Orange<br/> Low fat Milk</p> |
| <p><b>11.</b><br/> <b>CENTER CLOSED IN</b><br/> <b>OBSERVANCE OF</b><br/> <br/> <b>Veterans Day</b><br/> Honoring All Who Served</p>            | <p><b>12.</b><br/> <b>Baked Pollock w/Lemon Sauce</b><br/> Whole Grain Roll OR Bread<br/> Mixed Vegetable Blend<br/> Broccoli Salad<br/> Cinnamon Applesauce<br/> Low fat Milk</p>                                   | <p><b>13.</b><br/> <b>BBQ Chicken</b><br/> Brown Rice<br/> Yam OR Sweet Potato<br/> Tri Color Coleslaw w/Carrots<br/> Peach OR Pear<br/> Low fat Milk</p>  | <p><b>14.</b><br/> <b>Tamale Pie (Turkey)</b><br/> Black Beans<br/> Mesclun Salad Greens w/<br/> Cilantro Dressing<br/> *Pineapple/Mango Fruit Cup<br/> Oatmeal Cookie OPTIONAL<br/> Low fat Milk</p> | <p><b>15.</b><br/> <b>Meatloaf w/Gravy (Beef)</b><br/> Whole Grain Roll<br/> Garlic Mashed Potatoes<br/> Roasted Brussels Sprouts<br/> *Orange<br/> Low fat Milk</p>                  |
| <p><b>18.</b><br/> <b>Chicken Adobo</b><br/> Brown Rice<br/> Green Peas<br/> Mesclun Salad w/Garbanzo Beans<br/> w/ Ranch Dressing<br/> *Pineapple &amp; Mango Fruit Cup<br/> Low fat Milk</p>                                  | <p><b>19.</b><br/> <b>Turkey Milanese &amp; Linguine w/<br/> Pesto Sauce</b><br/> Cauliflower &amp; Zucchini<br/> Carrot Raisin Salad<br/> *Orange<br/> Vanilla Yogurt Parfait w/Granola<br/> Low fat Milk</p>       | <p><b>20.</b><br/> <b>Salmon w/Dill Sauce</b><br/> Whole Grain Roll<br/> Green Beans<br/> Chopped Mixed Salad w/<br/> Spinach, Kale &amp; Bell Pepper<br/> &amp; Italian Dressing<br/> Cinnamon Applesauce<br/> Low fat Milk</p>   | <p><b>21.</b><br/> <b>Asian Beef Stir Fry</b><br/> Brown Rice<br/> Mixed Asian Vegetables<br/> Beet Salad<br/> *Cantaloupe OR Tangerine<br/> Low fat Milk</p>   | <p><b>22. *Orange Juice</b><br/> <b>Vegetarian Chili</b><br/> Corn Bread<br/> Herb Roasted Carrots<br/> Mixed Salad Greens w/French<br/> Dressing<br/> Banana<br/> Low fat Milk</p>   |
| <p><b>25. *Orange Juice</b><br/> <b>Spaghetti w/Meat Sauce (Turkey)</b><br/> Broccoli<br/> Caesar Salad w/Caesar Dressing<br/> Fresh Pear OR Peach<br/> Low fat Milk</p>  | <p><b>26.</b><br/> <b>Beef Fajita w/Peppers &amp; Onions</b><br/> Whole Grain Tortilla<br/> Pinto Beans<br/> Tossed Green Salad w/Cilantro<br/> Dressing<br/> *Pineapple &amp; Mango Fruit Cup<br/> Low fat Milk</p> | <p><b>27. *Orange Juice</b><br/> <b>Turkey Breast w/Gravy &amp;<br/> Cranberry Sauce</b><br/> Herb Stuffing &amp; Whole Grain<br/> Green Beans w/Almonds Roll<br/> *Tossed Green Salad &amp;<br/> Mandarin Oranges w/Vinaigrette<br/> Pumpkin Pie OR Tart Drsg<br/> Low fat Milk</p> | <p><b>28.</b> <b>29.</b><br/> <b>CENTER CLOSED IN OBSERVANCE OF</b><br/> <br/> <b>Thanksgiving Day</b></p>       |   |

**Lunch served at 11:30 AM - please arrive early to secure your meal!** MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. \*Vitamin C Source

♥ ABD Dining Center (818) 834-6100 Ext. 211 ♥ Sunland Dining Center ♥ Olive Manor Dining Center ♥ Burns Manor Dining Center ♥  
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