



DINING ROOM MENU FOR AUGUST 2024
SHERMAN OAKS/EAST VALLEY ADULT CENTER
 Dining Center
 818-981-1284, Ext. 224
 Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Daniela Parada</i> <i>Dining Coordinator</i> SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER	<u>Lunch is</u> <u>Served</u> <u>11:00 A.M.</u> <u>12:00 P.M.</u>	1) Tuscan Bean Stew Roasted Cauliflower **Spinach Salad w/ranch dressing *Orange Whole Grain Roll	2) Korean BBQ Herbed Brown Rice Sauté Zucchini w/Sesame Seeds ***Broccoli Salad Pineapple
5) Savory Beef Stew Mashed Potatoes Roasted Brussels Spouts *Orange Whole Grain Roll or Bread	6) Turkey Vegetable Stir-Fry Lo Mein Noodles **Vegetables (entrée) *Cabbage Cucumber Radish Salad w/Sesame Dressing Poached Ginger Pear	7) Chicken Cobb Salad ***Mixed Salad w/ Shredded Carrots & Bell Pepper w/1000 Island Drsg Tomato & Cucumber Salad Fresh Seasonal Fruit Rolll	8)) *[=]100% Orange Juice Bolognese w/Penne Pasta Whole Grain Herbed Zucchini & Yellow Squash Caesar Salad w/Caesar Dressing Fruit Cup	9) Fish & Chips **Roasted Sweet Potato Wedges *Coleslaw Fresh Peach or Plum Whole Grain Roll Tapioca Pudding
12) Southwest Chicken Bowl *Shredded Cabbage Mixed Salad Greens w/ Cilantro Dressing Corn Salad Fresh or Unsweetened Peaches or Melon	13) Shepherd's Pie **Carrots Mixed Salad Greens w/ French Dressing *Kiwi Whole Grain Roll	14) Baked Fish Almandine Barley w/Herbs Green Beans w/Herbs ***Spinach Salad w/1000 Island Dressing Y000ogurt Parfait w/ Berries	15) Garden Vegetable Lasagna WG Lasagna Pasta ** Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe or Orange	16) LUAU Hawaiian Chicken Brown Rice Pilaf ** Broccoli Mixed Salad Greens w/1000 Island Dressing * Fresh Fruit Salad Coconut Cake
19)*[=]100% Orange Juice Open Face Hot Turkey Sandwich Green Beans Mashed Potatoes ***Spinach Salad Canberries w/Vinaigrette Dressing Whole Grain Roll	20) Baked Pollack w/Lemon Sauce Mixed Vegetable ***Broccoli Salad Cinnamon Applesauce Whole Grain Bread	21) BBQ Chicken Brown Rice **Yam or Sweet Potato ***Tri Color Coleslaw Peach or Pear	22) Turkey Caprese Salad Bowl Whole Grain Pita Bread Mesclun Salad Green w/ Pesto Dressing *Strawberries or Cantaloupe	23) Meatloaf w/LS Gravy Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll
26) Chicken Adobo Brown Rice Green Peas Mesclun Salad w/Ranch Dressing *Pineapple & Mango Fruit	27) Turkey Milanese w/ Linguine & Pesto Sauce Cauliflower & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/Granola	28) Salmon w/Dill Sauce Green Beans ***Chopped Mixed Salad w/Italian Dressing Cinnamon Applesauce Whole Grain Roll	29) Asian Beef Stir Fry Brown Rice **Mixed Asian Vegetables *Beet Salad *[=]Cantaloupe or Tangerine	30)*[=]100% Orange Juice Cheeseburger Grd Turkey WG Hamburger Bun ** Broccoli Salad Tossed Green Salad w/ Ranch Dressing Macaroni Salad Watermelon or Strawberries <div style="background-color: yellow; text-align: center; padding: 2px;">Labor Day</div>

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

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

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

