



DINING ROOM MENU FOR APRIL 2024
SHERMAN OAKS/EAST VALLEY ADULT CENTER
 Dining Center
 818-981-1284, Ext. 224



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Turkey w/LS Sauce Brown Rice Pilaf [=]*Whipped Sweet Potato Mixed Green Salad w/Spinach & Strawberries w/Vinaigrette Dressing Tapioca or Lemon Pudding	2) Mediterranean Chicken Brown Rice Pilaf **Roasted Vegetables LS Lentil Salad w/Vinaigrette Dressing *Cantaloupe or Tangerine Pita Bread w/ Hummus	3) Roast Turkey Breast Whole Grain Stuffing ** Butternut Squash or Sweet Potato Green Peas w/Mushrooms *Kiwi or Orange Lemon Pudding	4) Tuna Niçoise Salad Herbed Potatoes Salad or Baked Fish w/Dijon Herb Roasted Potatoes *Creamy Coleslaw Fresh Apple Whole Grain Roll	5) Beef Fajita Spanish Brown Rice Warm Flour Tortilla Pinto Beans Tossed Green Salad w/ Cilantro Dressing Pineapple & Mango Fruit
8) Chicken Dijon Rosemary Mashed Potatoes *Chopped Salad w/ Vinaigrette Dressing Fresh Fruit Whole Grain Roll	9) * 100% Orange Juice Stuffed Bell Pepper Mixed Vegetables Romain Salad w/Tomatoes 1000 Island Dressing Apple Dinner Roll Red Gelatin Cubes w/Yogurt	10) Vegetable Frittata Lima Beans & Corn ***Spinach, Shredded Cabbage & Brussels Spouts Salad Ranch Dressing Pear or Nectarine Whole Grain Roll	11) Korean BBQ Herbed Brown Rice Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/ Radish Pineapple	12) Fish & Chips w/Tartar Sauce **Roasted Sweet Potato Wedges *Coleslaw Banana or Grapes Whole Grain Roll
15) Turkey or Tofu Vegetable Stir Fry Brown Rice *Cabbage Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Tapioca Pudding	16) Meatloaf w/Gravy Garlic Mashed Potatoes Green Beans *Cantaloupe or Orange Whole Grain Roll	17) Caribbean Chicken Brown Rice Pilaf **Broccoli ***Carrot, Bell Pepper Celery Salad Fresh Fruit in Season	18) Fish Taco Pinto Beans ***Chopped Mixed Salad w/Ranch Dressing Warm Corn Tortilla Fresh Peach or Plum	19) Beef Bolognese w/Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/Caesar Dressing Fruit Cup
22)  SW Shredded Chicken Pinto Beans **Spinach Salad w/1000Island Dressing Fresh or Unsweetened Peaches or Melon Warm Corn Tortilla	23) Shepherd's Pie **Carrots Mixed Salad Greens w/ French Dressing *Orange or Kiwi Whole Grain Roll	24) Baked Fish Almandine Barley w/Herbs Green Beans w/Herbs *Coleslaw w/Bell Pepper Yogurt Parfait 	25) Chicken Adobo Brown Rice Green Peas Mesclun Salad w/Ranch Dressing *Pineapple & Mango Fruit Cup	26) Garden Vegetable Lasagna Whole Grain Lasagna Pasta **Broccoli Caesar Salad w/Caesar Dressing * Cantaloupe or Orange
29) Baked Pollock w/Lemon Sce Mixed Veg Blend ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll	30) Cashew Chicken Lo Mein Noodles Green Peas *Beet & Mandarin Orange Salad Fresh Fruit in Sea  Whole Grain Roll		<u>LUNCH IS</u> <u>SERVED AT</u> <u>11:00 A.M.</u>	Daniela Parada Ext 247 Dining Coordinator SUGGESTED Contribution OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER



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

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

NF or LF MILK INCLUDED WITH EACH MEAL

