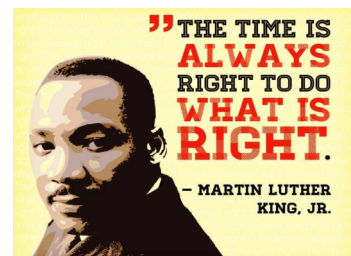




DINING ROOM MENU FOR JANUARY 2023
SHERMAN OAKS/EAST VALLEY ADULT CENTER
 Dining Center
 818-981-1284, Ext. 224
 Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) CENTER CLOSED OBSERVANCE OF NEW YEAR'S DAY 	3) MEDITERRANEAN CHICKEN BROWN RICE PILAF **ROASTED VEGETABLES LENTIL SALAD w/ CUCUMBERS VINAIGRETTE DRESS- ING * CANTALOUPE or TANGE- RINE Pita Bread	4) ROAST TURKEY BREAST WHOLE GRAIN STUFF- ING ** BUTTERNUT SQUASH GREEN PEAS w/ MUSHROOMS * KIWI or ORANGE LEMON PUDDING	5) BAKED FISH w/DIJON HERB ROASTED POTA- TOES * CREAMY COLESLAW FRESH APPLE WHOLE GRAIN ROLL	6) BEEF FAJITA FLOUR TORTILLA SPANISH BROWN RICE PINTO BEANS TOSSED GREEN SALAD w/ CILANTRO DRESSING * PINEAPPLE & MANGO FRUIT CUP
9) CHICKEN DIJON ROSEMARY MASHED POTA- TOES * CHOPPED SALAD w/KALE VINAIGRETTE DRESSING FRESH FRUIT IN SEASON WHOLE GRAIN ROLL	10) *ORANGE JUICE STUFFED BELL PEPPER ** BUTTERNUT SQUASH ROMAINE SALAD w/1000 ISLAND DRESSING APPLE DINNER ROLL RED GELATIN CUBES w/ YOGURT	11) VEGETARIAN GOULASH EGG NOODLES MIXED VEGETABLES *** SPINACH SHRED- DED CABBAGE & BRUS- SELS SPROUTS SALAD w/ RANCH DRESSING PEAR OR NECTARINE	12) KOREAN BBQ HERBED BROWN RICE SAUTE ZUCCHINI w/ SESAME SEED *** BROCCOLI SALAD w/SLICED RADISH PINEAPPLE	13)) ORANGE JUICE OVEN FRIED CHICKEN CORNBREAD WG ROLL **GREENS or SPINACH WHIPPED TURNIPS TOSSED GREEN SALAD 1000 ISLAND DRESSING RICE PUDDING <div style="border: 1px solid black; padding: 2px; text-align: center;"> Celebrating Dr. Martin Luther King Jr. </div>
16) CENTER CLOSED IN OBSERVANCE OF Martin Luther King Day 	17) BEEF BOLOGNESE WG PENNE PASTA HERBED ZUCCHINI & YEL- LOW SQUASH CAESAR SALAD w/CAESAR * CANTALOUPE or ORANGE	18) CARIBBEAN CHICKEN BROWN RICE PILAF **BROCCOLI *** CARROT BELL PEP- PER CELERY SALAD FRESH FRUIT IN SEA- SON	19) FISH TACO WARM CORN TORTILLA PINTO BEANS CHOPPED MIXED SALAD w/RANCH DRESSING FRESH PEACH OR PLUM	20) ORANGE JUICE MEATLOAF (BEEF) w/ MUSHROOM SAUCE WHOLE GRAIN ROLL GARLIC MASHED POTATOES BRAISED RED CABBAGE FRUIT CUP (APPLE & MELON)
23) SOUTHWEST SHREDDED CHICKEN CORN TORTILLA PINTO BEANS *** SPINACH SALAD w/1000 ISLAND DRESS- ING	24) SHEPHERD'S PIE WHOLE GRAIN ROLL ***CARROTS MIXED SALAD w/FRENCH DRSG * ORANGE or KIWI	25) BAKED POLLOCK w/ LEMON SAUCE QUINOA w/HERBS GREEN BEANS w/ HERBS *COLESLAW w/ BELL PEPPER	26) CHICKEN ADOBO BROWN RICE GREEN PEAS MESCLUN SALAD w/ RANCH * PINEAPPLE & MANGO FRUIT CUP	27) VEGETABLE LASAGNA WG LASAGNA PASTA ** BROCCOLI CAESAR SALAD w/CAESAR *CANTALOUPE or ORANGE
30) BAKED FISH ALMONDINE BROWN RICE MIXED VEGETABLES BLEND *** BROCCOLI SALAD CINNAMON APPLESAUCE	31) CASHEW CHICKEN LO MEIN NOODLES GREEN PEAS BEET & MANDARIN OR- ANGE SALAD FRESH FRUIT IN SEASON			Dining Coordinator SUGGESTED DONATION 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

MILK INCLUDED WITH EACH MEAL