

Dining Room Menu -- March 2025

Sherman Oaks / East Valley Adult Center

(818) 981-1284, Ext. 216

Lunch is served from 11:00am to 12:00pm.

Subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Savory Beef Stew Mashed Potatoes Roasted Brussels Sprouts Whole Grain Bread Orange Low Fat Milk</p>	<p>4</p> <p>Turkey Veggie Stir Fry w/ Lo Mein Noodles Whole Grain Bread Cucumber, Cabbage and Radish Salad w/Sesame Poached Ginger Pear Low Fat Milk</p>	<p>5</p> <p><i>Ash</i> <i>wednesday</i></p> <p>Carribbean Chicken Corn Carrot, Bell Pepper and Celery Salad Brown Rice Pilaf Fresh Fruit Low Fat Milk</p>	<p>6</p> <p> Opera 12pm to 6pm</p> <p>Whole Grain Penne Bolognese w/Turkey Herbed Zucchini/Squash Caesar Salad w/Croutons Apple and Melon Cup Low Fat Milk CalFresh Workshop - 11:30am See Stella to sign up!</p>	<p>7</p> <p>Fish & Chips Roasted Sweet Potato Wedges, Coleslaw Whole Grain Bread Fresh Peach or Plum Tapioca Pudding Low Fat Milk</p>
<p>10</p> <p>Southwest Shredded Chicken w/Pinto Beans Shredded Cabbage Mixed Salad w/Radish and Cilantro Dressing Fresh Peaches or Melon Whole Grain Tortilla Low Fat Milk</p>	<p>11</p> <p>Shepherd's Pie Carrots, Mixed Salad with French Dressing Whole Grain Roll Kiwi Low Fat Milk</p>	<p>12</p> <p>Baked Fish Almandine Herbed Green Beans Spinach, Kale, Bell Pepper, and Cucumber Salad with Thousand Island Dressing Yogurt Parfait w/Berries Low Fat Milk</p>	<p>13</p> <p>Cashew Chicken Green Peas Beet and Mandarin Orange Salad Brown Rice, Fresh Fruit Low Fat Milk CalFresh Workshop - 11:30am See Stella to sign up!</p>	<p>14</p> <p>Whole Grain and Garden Vegetable Lasagna Zucchini, Mushrooms, and Tomato Sauce Broccoli Caesar Salad Cantaloupe or Orange Low Fat Milk</p>
<p>17</p> <p> Corned Beef Red Potatoes, Steamed Cabbage, Carrots Whole Rye Bread Kiwi or Grapes Vanilla Pudding Orange Juice and Milk</p>	<p>18</p> <p> Baked Pollack w/Lemon Sauce Mixed Vegetables, Broccoli Salad Whole Grain Bread Cinnamon Applesauce Low Fat Milk LA Public Library Presentation</p>	<p>19</p> <p>Tuna Salad Spinach Salad with Shredded Cabbage and Cranberries, Vinaigrette Potato Salad Whole Grain Roll Orange Juice and Milk</p>	<p>20</p> <p>Turkey Tamale Pie Black Beans, Mesclun Salad w/Cilantro Dressing Oatmeal Cookie Pineapple or Mango Cup Low Fat Milk CalFresh Workshop - 11:30am See Stella to sign up!</p>	<p>21</p> <p>Vegetarian Frittata Mushrooms and Onions Garlic Mashed Potatoes Roasted Brussels Sprouts Whole Grain Roll Pineapple or Mango Cup Low Fat Milk</p>
<p>24</p> <p>Chicken Adobo Green Peas, Mesclun Salad w/Garbanzo Beans and Ranch Dressing Brown Rice Pineapple or Mango Cup</p>	<p>25</p> <p>Turkey Milanese Red Sauce, Cauliflower and Zucchini Carrot Raisin Salad Orange Vanilla Yogurt Parfait Granola, Low Fat Milk</p>	<p>26</p> <p>Salmon with Dill Sauce Green Beans, Mixed Salad Spinach, Kale, Bell Pepper, and Italian Dressing Whole Grain Roll Cinnamon Applesauce Low Fat Milk</p>	<p>27</p> <p>Asian Beef Stir Fry Mixed Vegetables Beet Salad, Brown Rice Cantaloupe or Tangerine Low Fat Milk CalFresh Workshop - 11:30am See Stella to sign up!</p>	<p>28</p> <p>Chicken Mole Spanish Rice Peas, Carrots, Tomato and Cucumber Salad with Cilantro Dressing Fresh Fruit Orange Juice and Milk</p>
<p>31</p> <p>CENTER CLOSED FOR</p> <p> Cesar Chavez Day</p>	<p>-</p> <p> HELLO Spring</p>	<p>-</p> <p> *HAPPY ST. PATRICK'S DAY*</p>	<p>-</p> <p></p>	<p>-</p> <p>Recommended Donation for Seniors 60 Years or Older \$3.10</p>