# **Alicia Broadous-Duncan Dining Center**

# **June 2025 – Congregate Menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **2.**  **SW Shredded Chicken**  Corn Tortilla  Pinto Beans  \*Shredded Cabbage, Mixed Salad Greens, & Radish w/Cilantro Drsg  Fresh or U/S Peaches OR Melon  Low fat Milk | **3.**  **Shepherd’s Pie (Beef)**  **w/Mashed Potatoes**  Whole Grain Roll  Carrots  Mixed Salad Greens w/French  \*Kiwi Dressing  Low fat Milk | **4.**  **Baked Fish Almandine**  Barley w/Herbs  Green Beans w/Herbs  \*Coleslaw, Bell Pepper, & Cucumber w/1000 Island Drsg  Yogurt Parfait w/Berries  Low fat Milk | **5.**  Cashew Chicken  Brown Rice  Green Peas  \*Beet & Mandarin Orange Salad  Fresh Fruit in Season  Low fat Milk | **6.**  **Garden Vegetable Lasagna w/Zucchini & Mushrooms**  Broccoli  Caesar Salad w/Caesar Dressing  \*Cantaloupe OR Orange  Low fat Milk |
| **9.** **\****Orange Juice*  **Open Face Hot Turkey Sandwich w/Mashed Potatoes**  Whole Grain Bread/Green Beans  Spinach Salad w/Shredded  Cabbage & Dried Cranberries w/Vinaigrette Dressing  Low fat Milk | **10.**  Baked Pollock w/Lemon Sauce  Whole Grain Roll OR Bread  Mixed Vegetable Blend  Broccoli Salad  Cinnamon Applesauce  Low fat Milk | **11.**  **BBQ Chicken**  Brown Rice  Yam OR Sweet Potato  Tri Color Coleslaw w/Carrots  Peach OR Pear  Low fat Milk | **12**  **Tamale Pie (Turkey) w/**  Black Beans P**olenta/Cornmeal**  Mesclun Salad Greens w/ Cilantro Dressing  \*Pineapple/Mango Fruit Cup  Oatmeal Cookie OPTIONAL  Low far Milk | **13. \****Orange Juice*  **Pot Roast (Beef)**  Whole Grain Dinner Roll  Sage Mashed Potatoes  Peas w/Pearl Onions  Fresh Fruit in Season  Chocolate Cake OPTIONAL  Low fat Milk |
| 16.  Chicken Adobo  Brown Rice  Green Peas  Mesclun Salad w/Garbanzo Beans & Ranch Dressing  \*Pineapple & Mango Fruit Cup  Low fat Milk  **FOOD BANK** | **17.**  **Turkey Milanese w/Linguine & Red Sauce**  Cauliflower & Zucchini  Carrot Raisin Salad  \*Orange  Vanilla Yogurt Parfait  Low fat Milk w/Granola | **18.**  Salmon w/Dill Sauce  Whole Grain Roll  Green Beans  Chopped Mixed Salad w/Spinach, Kale, Bell Pepper & Italian Dressing  Cinnamon Applesauce  Low fat Milk | **19.**  **CENTER CLOSED IN**  **OBSERVANCE OF**  **C:\Users\ChristinaEspitia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A8599771.tmp** | **20.** *\*Orange Juice*  **Vegetarian Chili**  Cornbread  Herb Roasted Carrots  Mixed Salad Greens w/French  Dressing  Banana  Low fat Milk |
| **23.** *\*Orange Juice*  Spaghetti w/Meat Sauce (Turkey)  Broccoli  Caesar Salad w/Caesar Dressing  Fresh Pear OR Peach  Low fat Milk | **24.**  Beef Fajita  Whole Grain Tortilla  Pinto Beans  Tossed Green Salad w/Cilantro Dressing  \*Pineapple & Mango Fruit Cup  Low fat Milk | **25.**  **Mediterranean Chicken**  Pita Bread/Brown Rice Pilaf  Roasted Vegetables  Lentil Salad w/Cucumbers & Vinaigrette Dressing  \*Cantaloupe OR Tangerine  Low fat Milk | **26.**  **Tuna Salad Cold Plate**  Whole Grain Roll  Herbed Potato Salad or Herbed  Roasted Potatoes  \*Creamy Coleslaw  Baked Apple OR Applesauce  Low fat Milk | **27.**  **Roast Turkey Breast**  Whole Grain Stuffing  Baked Yam OR Sweet Potato  Spinach Salad w/French Dressing  \*Kiwi OR Orange  Lemon Pudding OPTIONAL  Low fat Milk |
| **30.**  Fish Creole  Whole Grain Tortilla  Red Beans  \*Creamy Coleslaw  Pear OR Plum  Low fat Milk | Hoogasian Flowers: June 2011 | **C:\Users\ChristinaEspitia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\8F392CBA.tmp**  **FATHER’S DAY JUNE 15TH** | | **JEREMY BOX**  **DINING COORDINATOR**  **SUGGESTED DONATION OF $3.10 FOR THOSE 60 YEARS OLD AND OVER** |

**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) 834-6100Ext. 305 ♥ Sunland Dining Center-Susie Gallardo ♥ Olive Manor Dining Center-Robert Orozco ♥

11300 Glenoaks Blvd., Pacoima, CA 91331