




Meals to Homebound Menu JANUARY 2023 Congregate Menu A division of the Wilkinson Senior Center- Northridge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. CENTER CLOSED IN OBSERVANCE OF</p> 	<p>3. Mediterranean Chicken Pita Bread &amp; Hummus Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers &amp; Vinaigrette Dressing *Cantaloupe OR Tangerine Low fat Milk</p>	<p>4. Roast Turkey Breast w/Gravy Whole Grain Stuffing Butternut Squash Green Peas w/Mushrooms *Kiwi OR Orange AND/OR Lemon Pudding Low fat Milk</p>	<p>5. Baked Fish w/Dijon Whole Grain Roll Herbed Potato Salad OR Herbed Roasted Potatoes and/or Cauliflower *Creamy Coleslaw Fresh Apple Low fat Milk</p>	<p>6. Beef Fajita w/Peppers &amp; Onions Flour Tortilla Pinto Beans Spanish Brown Rice Tossed Green Salad w/ Cilantro Dressing *Pineapple &amp; Mango Fruit Cup Low fat Milk</p>
<p>9. Chicken Dijon Whole Grain Roll Rosemary Mashed Potatoes and/or Carrots *Chopped Salad w/Kale, Lettuce &amp; Cucumber w/Vinaigrette Drsg Fresh Fruit Low fat Milk</p>	<p>10. *Orange Juice Stuffed Bell Pepper (Turkey) Dinner Roll Butternut Squash and/or Green Beans Romaine Salad w/Tomatoes &amp; 1000 Island Dressing Apple &amp; Red Gelatin Cubes Low fat Milk w/Yogurt</p>	<p>11. Vegetarian Goulash w/Noodles Whole Grain Roll Spinach, Shredded Cabbage, &amp; Brussels Sprouts Salad w/Ranch Dressing Pear OR Nectarine Low fat Milk</p>	<p>12. Korean BBQ (Beef) Herbed Brown Rice Sauté Zucchini w/ Sesame Seeds Broccoli Salad w/Sliced Radish Pineapple Low fat Milk</p>	<p>13. *Orange Juice Oven Fried Chicken Whole Grain Roll/Corn Bread Greens or Spinach Whipped Turnips Drsg Tossed Green Salad w/1000 Island Fresh Fruit Low fat Milk</p>
<p>16. CENTER CLOSED IN OBSERVANCE OF</p> 	<p>17. Beef Bolognese w/Penne Pasta Herbed Zucchini &amp; Yellow Squash and/or Cauliflower Caesar Salad w/Croutons &amp; Caesar Dressing *Cantaloupe OR Orange Low fat Milk</p>	<p>18. Caribbean Chicken Brown Rice Pilaf Broccoli Carrot, Bell Pepper, &amp; Celery Salad Fresh Fruit Low fat Milk</p>	<p>19. Fish Taco Corn Tortilla Pinto Beans and/or Corn Chopped Mixed Salad w/Romaine, Kale &amp; Ranch Peach OR Plum Dressing Low fat Milk</p>	<p>20. *Orange Juice Meatloaf w/Mushroom Sauce Whole Grain Roll (Beef) Garlic Mashed Potatoes Braised Red Cabbage Fruit Cup (Apple &amp; Melon) Low fat Milk</p>
<p>23. Southwest Shredded Chicken Corn Tortilla Pinto Beans and/or Yellow Squash Spinach Salad w/Kale, Bell Pepper, &amp; Cucumber w/1000 Peaches OR Melon Island Drsg Low fat Milk</p>	<p>24. Shepherd's Pie (Turkey) w/Mashed Potatoes Whole Grain Roll Carrots and/or Corn Mixed Salad Greens w/French *Orange OR Kiwi Dressing Low fat Milk</p>	<p>25. Baked Pollock w/Lemon Quinoa w/Herbs Sauce Green Beans w/Herbs *Coleslaw w/Bell Pepper Fruit in Dessert OR Yogurt Parfait OR Yogurt w/Berries Low fat Milk</p>	<p>26. Chicken Adobo Brown Rice Green Peas Mesclun Salad w/Garbanzo Beans w/Ranch Dressing *Pineapple &amp; Mango Fruit Cup Low fat Milk</p>	<p>27. Garden Vegetable Lasagna w/Zucchini &amp; Mushrooms &amp; Parmesan Cheese Broccoli and/or Italian Blend Veggies Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk</p>
<p>30. Baked Fish Almondine Whole Grain Roll Brown Rice Mixed Vegetable Blend Broccoli Salad Cinnamon Applesauce Low fat Milk</p>	<p>31. Cashew Chicken w/Lo Mein Noodles Whole Grain Roll Green Peas *Beet &amp; Mandarin Orange Salad Fresh Fruit Low fat Milk</p>			<p>Christina Herrera Homebound Coordinator SUGGESTED DONATION OF \$3.15 FOR THOSE 60 YEARS OLD AND OVER</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. Please call the V.I.C. Nutrition Office at (818) 885-5144 \*Vitamin C Source