



DINING ROOM MENU FOR JULY 2024
SHERMAN OAKS/EAST VALLEY ADULT CENTER
 Dining Center
 818-981-1284, Ext. 224
 Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01) Southwest Chicken Bowl *Shredded Cabbage w/ Cilantro Dressing Corn Salad Fresh or Unsweetened Peaches or Melon Whole Grain Roll	02) Shepherd's Pie ** Carrots Mixed Salad Greens w/French Dressing *Kiwi Whole Grain Roll	03) BBQ Chicken *Tri Color Coleslaw LS Baked Beans Fresh Melon-Watermelon, HoneyDew,or Cantaloupe Whole Grain Roll Peach Pie	04) Center Closed in Observance of Independence Day 	05) Garden Vegetable Whole Grain Lasagna **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe or Orange
08) * [=]100% Orange Juice Open Face Hot Turkey Green Beans Mashed Potatoes **Spinach Salad w/ Vinaigrette Dressing Dried Cranberries in Salad Whole Grain Bread	09) Baked Pollack w/Lemon Sauce or Quiche Mixed Veg Blend *** Broccoli Salad Cinnamon Applesauce WG Roll or Bread	10) BBQ Chicken Brown Rice **Yam or Sweet Potato *** Tri Color Coleslaw Peach or Pear	11) Turkey Caprese Salad Bowl Mesclun Salad Greens W/ Pesto Dressing * Strawberries or Canta- loupe Whole Grain Pita Bread	12) Meatloaf w/LS Gravy Garlic Mashed Potatoes Roasted Brussels Spouts *Orange Whole Grain Roll
15) Chicken Adobo Brown Rice Green Peas Mesclun Salad w/Ranch Dress- ing * Pineapple & Mango	16) Turkey Milanese WG Linguine w/Pesto Sauce Cauliflower & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait	17) Salmon w/Dill Sauce **Sweet Potato *Tri Color Coleslaw Cinnamon Applesauce Whole Grain Roll	18) Asian Beef Stir Fry Brown Rice **Mixed Asian Vegetables Beet Salad *Cantaloupe or Tangerine	19) * [=]100% Orange Juice Vegetarian Chili Green Beans Mixed Salad Greens w French Drsg Banana Cornbread
22) * [=]100% Orange Juice Spaghetti w/Meat Sauce (turkey) WG Spaghetti **Broccoli Caesar Salad w/Caesar dress- ing Fresh Pear or Peach	23) Beef Fajita LS Pinto Beans Tossed Green Salad w/ Cilantro Dressing *Pineapple & Mango Fruit Cup Pita Bread	24) Mediterranean Chicken Brown Rice Pilaf **Roasted Vegetable LSN Lentil Salad w/ Vinaigrette Dressing *Cantaloupe or Tangerine Pita Bread Hummus	25) Tuna Salad Cold Plate Herbed Potato Salad or Baked Fish w/Dijon Herb Roasted Potato *Creamy Coleslaw Whole Grain Roll Baked Apple or Ap- plesauce	26) LS Roast Turkey Breast Whole Grain Stuffing ** Fresh Baked Yam or Sweet Potato **Spinach Salad w/French Dressing * Kiwi or Orange Lemon Pudding
29) Fish Creole LS Red Beans *Creamy Coleslaw Pear or Plum Warm WG Tortilla	30) Chinese Chicken Salad ***Mixed Salad w/ Sesame Dressing *LS Beet & Orange Salad Fresh Fruit in Season WG Roll	31) * [=]100% Orange Juice Stuffed Bell Pepper Barley in Entree Mixed Vegetables Romaine Salad w/1000 Island Dressing Dinner Roll Red Gelatin Cubes w/	Daniela Parada Dining Coordinator SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER	Lunch is Served at 11:00 A.M. 12:00 P.M.



* Indicates High in Vitamin C ** Indicates High in Vitamin A
 *** Indicates High in Vitamin C & A [&] Indicates High in Fiber
 [+] Sodium [=] potassium

Non-Fat or Low Fat Milk Served with Each Meals

