

Dining Room Menu -- July 2025

Sherman Oaks / East Valley Adult Center

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

(818) 981-1284, Ext. 216

Subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
- Stella Poltavskaya Dining Coordinator Recommended Donation for Seniors 60 Years or Older \$3.10	1 Chicken Dijon Herb Zucchini & Green Beans Carrots Chopped Salad Fresh Fruit Whole Grain Roll Low Fat Milk	2 Stuffed Bell Pepper Mixed Vegetables Green Peas Romaine Salad w/Tomatoes Orange Juice Apple Red Gelatin Cubes w/Yogurt Low Fat Milk	3 Tuscan Bean Stew Roasted Cauliflower Spinach Salad Orange Whole Grain Roll Low Fat Milk	HAPPY ★ ★ ★ ★ 4TH ★ ★ ★ ★ of JULY
7 Savory Beef Stew Mashed Potatoes Roasted Brussels Sprouts Orange Whole Grain Roll Low Fat Milk	8 Turkey Vegetable Stir-fry Green Peas Cabbage, Cucumber, Radish Salad Poached Ginger Pear Lo Mein Noodles Low Fat Milk	9 Caribbean Chicken Corn Carrot, Bell Pepper, Celery Salad Fresh Fruit Brown Rice Pilaf Low Fat Milk	10 Bolognese w/Penne Pasta Herbed Zucchini & Yellow Squash Cauliflower Caesar Salad w/Croutons Fruit Cup Whole Grain Pasta Low Fat Milk	11 Fish & Chips Roasted Sweet Potato Wedges Peas & Carrots Coleslaw Fresh Fruit Whole Grain Roll Tapioca Pudding Low Fat Milk
14 Southwest Shredded Chicken LS Pinto Beans Shredded Cabbage Fresh or Unsweetened Peaches Whole Grain Tortilla Low Fat Milk	15 Shepherd's Pie (Beef) w/ Mashed Potatoes Carrots Corn Mixed Salad Greens Kiwi Whole Grain Roll Low Fat Milk	16 Baked Fish Almondine Green Beans w/Herbs Spinach Salad w/Kale, Bell Pepper, Cucumber, 1000 Island Dressing Barley w/Herbs Yogurt Parfait w/Berries Low Fat Milk	17 Cashew Chicken Green Peas LS Beet & Mandarin Salad Fresh Fruit Brown Rice Low Fat Milk	18 Garden Vegetable Lasagna Broccoli Italian Blend Vegetables Caesar Salad w/Caesar Dressing Fresh Fruit Low Fat Milk
21 Open Face Hot Turkey Sandwich Green Beans Mashed Potatoes Spinach Salad w/Shredded Cabbage & Cranberries Whole Grain Bread Low Fat Milk	22 Baked Pollack w/Lemon sauce Mixed Vegetable Blend Green Peas Broccoli Salad Cinnamon Applesauce Whole Grain Roll or Bread Low Fat Milk	23 BBQ Chicken Yam or Sweet Potato Tri Color Coleslaw Fresh Fruit Brown Rice Low Fat Milk	24 Tamale Pie LS Black Beans Mesclun Salad Mix w/Cilantro Dressing Pineapple/Mango Fruit Cup Oatmeal Cookie Low Fat Milk	25 Meatloaf w/LS Gravy Garlic Mashed Potatoes Roasted Brussels Sprouts Orange Whole Grain Roll Low Fat Milk
28 Chicken Adobo Green Beans Mashed Potatoes Spinach Salad w/Shredded Cabbage & Cranberries Whole Grain Bread Low Fat Milk	29 Turkey Milanese Cauliflower & Zucchini Carrot Raisin Salad Orange Vanilla Yogurt Parfait w/Granola Low Fat Milk	30 Salmon with Dill Sauce Green Beans LS Black Beans Chopped Mixed Salad w/ Spinach, Kale, Bell Pepper Italian Dressing Whole Grain Roll Low Fat Milk	31 Asian Beef Stir Fry Mixed Asian Vegetables LS Beet Salad Cantaloupe or Tangerine Brown Rice Low Fat Milk	-