



**DINING ROOM MENU FOR SEPTEMBER 2024**  
**SHERMAN OAKS/EAST VALLEY ADULT CENTER**  
 Dining Center  
 818-981-1284, Ext. 1224  
 Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2)</b> <b>CENTER CLOSED</b> <b>IN</b> <b>OBSERVANCE</b> <b>OF</b> 	<b>3)</b> <b>Beef Fajita</b> LS Pinto Beans Tossed Green Salad w/ Cilantro Dressing *Pineapple & Mango Fruit Cup Whole Wheat Tortilla	<b>4)</b> <b>Mediterranean Chicken</b> Brown Rice Pilaf **Roasted Vegetables Lentil Salad w/Vinaigrette Dressing Cantaloupe or Tangerine Pita Bread	<b>5)</b> <b>Tuna Salad Cold Plate</b> Herbed Potato Salad *Creamy Coleslaw Baked Apple Whole Grain Roll	<b>6)</b> <b>Roast Turkey Breast</b> Whole Grain Stuffing **Fresh Baked Yam or Sweet Potato ** Spinach Salad w/French Dressing *Kiwi or Orange Lemon Pudding
<b>9)</b> <b>Fish Creole</b> Red Beans *Creamy Coleslaw Pear or Plum Warm WG Tortilla	<b>10)</b> <b>Chinese Chicken Salad</b> Crunch Rice Noodle Gar- nish ***Mixed Salad w/Sesame dressing *Beet & Orange Salad Fresh Fruit in Season Whole Grain Roll	<b>11)</b> *[]Orange Juice <b>Stuffed Bell Pepper</b> Barley in Entrée Mix Vegetable Romaine Salad w/1000 Island Dressing Apple Red Gelatin Cubes w/Yogurt	<b>12)</b> *[]Orange Juice <b>Tuscan Bean Stew</b> Roasted Cauliflower **Spinach Salad w/Ranch Dressing Whole Grain Roll	<b>13)</b> <b>Korean BBQ</b> Herbed Brown Rice Sauté Zucchini w/Sesame Seeds ***Broccoli Salad Pineapple
<b>16)</b> *[]Orange Juice <b>Savory Beef Stew</b> Mashed Potatoes Roasted Brussels Sprouts Whole Grain Roll or Bread	<b>17)</b> <b>Turkey Vegetable Stir-Fry</b> Lo Mein Noodles *Cabbage,Cucumber,Rad- ish Salad w/Sesame Dressing Poached Ginger Pear Whole Grain Bread	<b>18)</b> <b>Turkey Caprese Salad</b> <b>Bowl</b> Mesclun Salad Greens w/ Pesto Salad Dressing *Strawberries or Canta- loupe Whole Grain Pita Bread	<b>19)</b> *[]Orange Juice <b>Bolognese w/Penne Pasta</b> Herbed Zucchini & Yellow Squash Caesar Salad w/Caesar Dress- ing Fruit Cup	<b>20)</b> <b>Fish &amp; Chips</b> ** Roasted Sweet Potato Wedges *Coleslaw Fresh Peach or Plum Whole Grain Roll or Bread Tapioca Pudding
<b>23)</b> <b>Southwest Chicken Bowl</b> *Shredded Cabbage Mixed Salad Greens w/ Cilantro Dressing Corn Salad Fresh or Unsweetened Peach or Melon Whole Grain Roll	<b>24)</b> <b>Shepherd's Pie</b> w/Mashed Potatoes (Ground Turkey) **Carrots Mixed Salad Greens w/ French Dressing *Kiwi Whole Grain Roll	<b>25)</b> <b>Baked Fish Almandine</b> Barley w/Herbs Green Beans w/Herbs ***Spinach Salad Greens w/1000 Island Dressing Fruit in Dessert Yogurt Parfait w/Berries	<b>26)</b> <b>Cashew Chicken</b> Brown Rice Green Peas *Beet & Mandarin Orange Salad Fresh Fruit in Season	<b>27)</b> <b>Garden Vegetable Lasagna</b> WG Lasagna Pasta ** Broccoli Caesar Salad w/Caesar Dress- ing *Cantaloupe or Orange Party 
<b>30)</b> *[]Orange Juice <b>Open Face Hot Turkey</b> <b>Sandwich</b> Green Beans Mashed Potatoes *Spinach Salad Whole Grain Bread		<b>Daniela Parada</b> <b>Dining Coordinator</b>  <b>SUGGESTED</b> <b>DONATION OF \$3.10 FOR</b> <b>THOSE 60 YEARS OLD</b> <b>AND OVER</b>	<b>LUNCH IS</b> <b>SERVED AT</b> <b>11:00 AM</b> <b>12:00 PM</b>	

**6-8 oz Water & Non Fat Milk or 1%Low Fat Milk w/Every Meals**

\* Indicates High in Vitamin C \*\* Indicates High in Vitamin A \*\*\* Indicates High in Vitamin C & A

[&] Indicates High in Fiber [+] Sodium [=] potassium

