



November 2009

WISE & Healthy Aging "Healthy Lunches Program"

Welcome to our new caterer :
Integrated Support Solutions Inc. (ISSI)
 1-818-947-2792
 We welcome your comments and suggestions.
 Larry Cantrell - Chef

Funded in part through Title III of the Older Americans Act of 1965, as amended by the L.A. County Area Agency on Aging. Saturday lunches served at the Senior Recreation Center only, from 11:00AM - 12:00PM. Virginia Avenue Park is Thursdays only!!

	Mon	Tue	Wed	Thu	Fri	Sat
Menu subject to change without notice. Suggested donation \$2.50 for seniors 60+ Call between 10:30 AM-12:30 PM one weekday in advance for reservations. Saturday lunches must be reserved on Thursday.	2 <i>Chili Mac</i> <i>Whole Grain Roll</i> <i>Normandy Vegetables</i> <i>Tossed Salad w/ 1000 Island Dressing</i> <i>Orange or Tangerine</i>	3 <i>Potato Soup</i> <i>Dijon Chicken Salad w/lettuce</i> <i>Whole Grain Roll</i> <i>Mixed Veggies</i> <i>Pineapple</i> <i>Coleslaw</i> <i>Banana</i>	4 <i>Corn Soup</i> <i>Tuna Noodle Casserole</i> <i>White Bread</i> <i>Creamed Spinach</i> <i>Broccoli & Raisin Salad</i> <i>Coconut Pudding</i>	5 <i>Beef Enchilada w/ Corn Tortilla & Cheese/ Cabbage</i> <i>Spanish Rice</i> <i>Apple Nut Salad w/ French Dressing</i> <i>Carrot Cake</i> <i>Orange Juice</i>	6 <i>Spanish Bean Soup/ Herbed Fish or Cranberry</i> <i>Chicken/ Whole Grain Roll/ Mashed Potato/ Green Beans</i> <i>Spinach Salad w/mandarin or-</i>	7 <i>Sub Sandwich w/Turkey, Beef, Ham (^ sodium)</i> <i>Carrot/Raisin Salad</i> <i>Marinated Vegetables</i> <i>Oatmeal Cookies</i> <i>Orange Juice</i>
	9 <i>Chinese Chicken Salad w/ low sodium sauce</i> <i>Rice/ Whole Grain Roll</i> <i>California Blend Veggies</i> <i>Marinated Beet Salad/ Melon</i>	10 <i>Minestrone Soup</i> <i>Beef w/ Chimichuri</i> <i>Whole Grain Roll</i> <i>Mashed Potato</i> <i>Italian Veggies</i> <i>Creamy Coleslaw</i> <i>Lemon Cake</i>	11 <i>Chicken Rice Soup</i> <i>Spinach Quiche</i> <i>Whole Wheat Bread</i> <i>Corn & Red Peppers</i> <i>Caesar Salad</i> <i>Citrus Fruit</i>	12 <i>BBQ Chicken (leg & thigh)</i> <i>Corn Bread</i> <i>Oven Brown Potatoes</i> <i>Steamed Cabbage & Carrots/ Marinated Tomato/green peppers/onions</i> <i>Chocolate Pudding</i>	13 <i>Citrus Baked Fish or Turkey</i> <i>Bean Chili/ Brown Rice/ Whole Grain Roll/ Seasoned Spinach/ Romaine Salad w/ Italian Dressing</i> <i>Oatmeal Cookies</i>	14 <i>Ham & Cheese Sandwich (^sodium) on Whole Wheat Bread</i> <i>Macaroni Salad</i> <i>Coleslaw</i> <i>Fresh Fruit</i>
	16 <i>Beef Burrito w/ Flour Tortilla</i> <i>Spanish Rice</i> <i>Mixed Vegetables</i> <i>Spinach Salad w/ Mandarin</i> <i>Oranges</i> <i>Trans Fat Free Pudding</i>	17 <i>Tomato Soup</i> <i>Chicken Paprika</i> <i>Barley Pilaf</i> <i>Baked Butternut Squash</i> <i>Lettuce & Tomato Salad with French Dressing</i> <i>Cantaloupe</i>	18 <i>Split Pea Soup</i> <i>Meatloaf w/Gravy</i> <i>Whole Grain Roll</i> <i>Mashed Potato</i> <i>Green Beans</i> <i>Broccoli & Raisin Salad</i> <i>Banana</i>	19 <i>Vegetable Soup</i> <i>Roja Salsa Pork</i> <i>Whole Grain Roll</i> <i>Coleslaw</i> <i>Baked Beans</i> <i>White/Yellow trans fat free Cake or Fruit Cup</i>	20 <i>Minestrone Soup/ Baked Garlic Fish or Chicken</i> <i>Parmesan</i> <i>Parsley Noodles</i> <i>What Bread</i> <i>Creamed Spinach</i> <i>Beet & Onion Salad</i> <i>Cantaloupe</i>	21 <i>Sub Sandwich w/Turkey, Beef, Ham (^ sodium)</i> <i>Carrot/Raisin Salad</i> <i>Marinated Vegetables</i> <i>Oatmeal Cookies</i> <i>Orange Juice</i>
	23 <i>Vegetable Soup/ Spaghetti</i> <i>Bolognese</i> <i>Roll w/garlic spread</i> <i>Peas & Carrots</i> <i>Tossed Salad</i> <i>French Dressing</i> <i>Fresh Orange</i>	24 <i>Roast Turkey w/gravy</i> <i>Corn Bread</i> <i>Stuffing & Biscuit</i> <i>Spinach</i> <i>Cranberry Gelatin Salad</i> <i>Pumpkin Pie</i>	25 <i>Hamburger on Whole Grain Bun</i> <i>Lettuce, Tomato & Pickle/Seasoned Potatoes</i> <i>Carrot Raisin Salad/Vanilla Pudding/ OJ</i>			28 <i>Please enjoy the Holiday!</i> <i>All sites are closed 11/26 - 11/28. See you Monday, 11/30!</i>
	30 <i>Chicken Rice Soup/ Pepper Steak w/Gravy</i> <i>Brown Rice</i> <i>Stewed Cabbage</i> <i>Spinach Salad w/Mushrooms & Italian Dressing</i> <i>Apple Sauce</i>		Low fat milk is served with every Healthy Lunch 	Senior Recreation Ctr.: 1450 Ocean Ave. 310 458-2219 Ken Edwards Ctr.: 1527 4th St. 310 395-8478 Reed Park: 7th Street & Wilshire Blvd. 310 458-8315 Virginia Ave. Park: 310-452-7802		



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	Mon	Tue	Wed	Thu	Fri	Sat
<p>Low fat milk is served with every Healthy Lunch</p>		<p>1 <i>Baked Chicken w/Mushroom Sauce Barley Pilaf White Roll Mixed Vegetables Caesar Salad Banana Orange Juice</i></p>	<p>2 <i>Lentil Soup Stuffed Pepper w/Beef Wheat Bread Mexican Corn Mashed Potato Creamy Coleslaw Sliced Peaches</i></p>	<p>3 <i>OvenCrisp Chicken w/Gravy Corn Bread Muffin Greens & Tomato Black Eye Peas Tossed Salad 1000 Is. Dressing Tapioca Pudding</i></p>	<p>4 <i>Fish Vera Cruz or Sweet & Sour Pork Brown Rice Carrots Garden Salad w/Ranch Dressing Citrus Cup</i></p>	<p>5 <i>Turkey Club Sandwich on Whole Wheat w/Cheese Pasta Swirl Salad w/ broccoli & onions Creamy Coleslaw Fruit Cocktail</i></p>
	<p>Menu subject to change without notice. Suggested donation \$2.50 for seniors 60+ Call between 10:30 AM-12:30 PM one weekday in advance for reservations. Saturday lunches must be reserved on Thursday.</p>	<p>7 <i>Chicken of the Islands Brown Rice California Blend Marinated Cucumber Salad Fresh Seasonal Fruit and OJ</i></p>	<p>8 <i>Beef Stew with Biscuit Carrots Potato Chunks, Peas and Onions Pineapple and Mandarin Orange Cup</i></p>	<p>9 <i>Cream of Broccoli Soup Herb Baked Chicken Corn Bread Stuffing Sweet Potato Creamy Coleslaw Trans Fat Free Spice Cake</i></p>	<p>10 <i>Mexican Style Beef Casserole with Noodles Whole Grain Roll Zucchini & Mushrooms Romaine Salad Italian Dressing Melon Fruit Cup</i></p>	<p>11 <i>Navy Bean Soup/ Baked Fish or Polish Turkey Sausage/ WW Bread/ Carrots Browned Potatoes Broccoli & Raisin Salad Vanilla Pudding</i></p>
<p>14 <i>Beef Chili Mac Whole Grain Roll Normandy Vegetables Tossed Salad w/ 1000 Island Dressing Orange or Tangerine</i></p>		<p>15 <i>Potato Soup Dijon Chicken Salad w/lettuce Whole Grain Roll Mixed Veggies Pineapple Coleslaw Banana</i></p>	<p>16 <i>Corn Soup Tuna Noodle Casserole White Bread Creamed Spinach Broccoli & Raisin Salad Coconut Pudding</i></p>	<p>17 <i>Beef Enchilada w/ Corn Tortilla & Cheese Spanish Rice Cabbage Apple Nut Salad with French Dressing Carrot Cake</i></p>	<p>18 <i>Spanish Bean Soup/ Herbed Fish or Cranberry Chicken/ Whole Grain Roll Mashed Potato Green Beans Spinach Salad w/oranges Seasonal Fruit</i></p>	<p>19 <i>Sub Sandwich w/Turkey, Beef, Ham (^ sodium) Carrot/Raisin Salad Marinated Vegetables Oatmeal Cookies Orange Juice</i></p>
<p>21 <i>Chinese Chicken Salad w/ low sodium soy sauce Rice and Whole Grain Roll California Blend Veggies Marinated Beet Salad/ Melon</i></p>		<p>22 <i>Minestrone Soup Beef with Chimichuri Whole Grain Roll Mashed Potato Italian Veggies Creamy Coleslaw Lemon Cake</i></p>	<p>23 <i>Chicken Rice Soup Spinach Quiche Whole Wheat Bread Corn & Red Peppers Caesar Salad Citrus Fruit</i></p>			<p>26 <i>Please enjoy the Holidays! All sites are closed 12/24 - 12/26. See you Monday, December 28th!</i></p>
<p>28 <i>Beef Burrito w/ Flour Tortilla Spanish Rice Mixed Vegetables Spinach Salad w/ Mandarin Oranges Trans Fat Free Pudding</i></p>		<p>29 <i>Tomato Soup Chicken Paprika Barley Pilaf Baked Butternut Squash Lettuce & Tomato Salad French Dressing Cantaloupe</i></p>	<p>30 <i>Split Pea Soup Meatloaf w/Gravy Whole Grain Roll Mashed Potato Green Beans Broccoli & Raisin Salad Banana</i></p>	<p>31 <i>Vegetable Soup Roja Salsa Pork Whole Grain Roll Coleslaw Baked Beans White/Yellow trans fat free Cake or Fruit Cup</i></p>	<p>Senior Recreation Ctr.: 1450 Ocean Ave. 310 458-2219 Ken Edwards Ctr.: 1527 4th St. Rm.# 100 310 395-8478 Reed Park: 7th Street & Wilshire Blvd. 310 458-8315 Virginia Ave. Park: 310-452-7802</p>	