

HUMAN SERVICES ASSOCIATION “Where Caring Becomes Doing” ✕ SENIOR DINING CENTER SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ALL SITES CLOSED 	2 SPAGETTI w/MEATBALLS WG Spaghetti Sourdough Bread Broccoli Romaine Cesar Salad Banana	3 CHICKEN ENCHILADA CASSEROLE Black Beans Creamy Cucumber Salad Orange Sherbet	4 Cabbage & Tomato Soup LEMON PEPPER FISH WG Roll Corn Green Beans Kiwi	5 PORK LOIN w/BLACK PEPPERCORN SAUCE WG Bread Stuffing Sweet Potato Beet & Onion Salad Tangerine
8 Northern Beans BEEF CHILI MAC WG Spiral Pasta Peas & Onions Chopped Spinach & Kale Salad Pear	9 Choice of Entrée HERB BAKED FISH w/ DILL SAUCE OR ROAST PORK w/MUSTARD SAUCE WG Bread/Couscous Steamed Cabbage Waldorf Salad/Cookie	10 Butternut Squash Soup TURKEY A LA KING WG Pasta Biscuits Cauliflower Marinated Beet Salad w/Onions Fresh Fruit	11 MEATLOAF W/RED SAUCE WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish	12 CHICKEN MOLE Tortilla Spanish Brown Rice Pinto Beans Carrot w/Jicama Salad w/Lime Vinaigrette Kiwi
15 Beef Barley Soup STUFFED BELL PEPPER WG Roll Mashed Potato Green Beans Applesauce	16 CHICKEN POZOLE WG Corn Tortilla Hominy Shredded Cabbage w/Lime Fresh Fruit Arroz con Leche	17 Fideo Soup TUNA SALAD WG Bread Potato Salad Garden Salad Cantaloupe	18 OVEN BAKED CHICKEN WG Cornbread Stuffing Cauliflower Carrot & Raisin Salad Peach Red Gelatin w/Fruit	19 Minestrone Soup MEATLOAF WG Bread Broccoli Chopped Spinach & Kale Salad Banana
22 BEEF LASAGNA WG Roll Cauliflower Cesar Salad Applesauce Ice Cream	23 Cream of Broccoli Soup SHEPHERD’S PIE WG Bread Green Beans Mashed Potato Chopped Kale & Spinach Salad Pear	24 Tomato Soup ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE Barley w/Parsley Brussel Sprouts Chopped Salad Tropical Fruit	25 <i>Happy September Birthdays!</i> BEEF TERIYAKI Brown Rice Asian Vegetables Garden Salad Pineapple & Mango Cake 	26 BBQ CHICKEN WG Roll Collard Greens Black Eye Peas Orange
29 Choice of Entrée GARLIC BUTTER FISH OR SWEET & SOUR PORK Barley w/Herbs Spinach Marinated Tomato & Onion Salad/Pear	30 Lentil Soup CHICKEN CURRY Brown Rice Asian Mixed Vegetables Chopped Asian Salad w/Romaine & Green Onions Cantaloupe		VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00	

ALL MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE MANAGER FOR CHOICE OF FRUIT !HIGH SODIUM! *MENU SUBJECT TO CHANGE WITHOUT NOTICE -
 This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended. **RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES**