



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Roast Beef Au Jus <ul style="list-style-type: none"> - Mashed Potatoes - Whole Grain Bread - Marinated Beet Salad - Pineapple Tidbits + Mango - Low Fat Milk 	2 Turkey Piccata <ul style="list-style-type: none"> - Sauce - Whole Grain Penne Pasta - Seasoned Herbed Carrots - Seasoned Green Beans - Orange - Low Fat Milk
5 Pepper Steak <ul style="list-style-type: none"> - Sauce - Seasoned Broccoli - Ranch Corn - Steamed Brown Rice - Pineapple Chunks in Juice - Low Fat Milk - Orange Juice 	6 Baked Chicken + Gravy <ul style="list-style-type: none"> - Seasoned Black Eyed Peas - Kale + Spinach - Seasoned Barley - Warm Cornbread - Low Fat Milk 	7 Beef Chili Macaroni <ul style="list-style-type: none"> - Whole Grain Macaroni Pasta - Seasoned Green Beans - Coleslaw - Fresh Apple - Low Fat Milk 	8 Jerk Style Chicken <ul style="list-style-type: none"> - Confetti Brown Rice - Seasoned Brussels Sprouts - Carrot-Raisin Salad - Banana - Chocolate Chip Cookie - Low Fat Milk 	9 Roast Pork <ul style="list-style-type: none"> - Celery + Onion - Sweet Potatoes - Mixed Green Salad - Whole Grain Bread - Tropical Fruit Cocktail - Low Fat Milk
12 Shepherd's Pie <ul style="list-style-type: none"> - Mashed Potatoes - Seasoned Green Beans - Pickled Beets - Whole Grain Roll - Low Fat Milk - Orange Juice 	13 Spaghetti w/ Meat Sauce <ul style="list-style-type: none"> - Seasoned Green Peas + Cauliflower - Shredded Carrot, Pear + Bell Pepper Salad - Sliced Peaches - Lemon Pudding - Low Fat Milk 	14 El Pollo Style Chicken <ul style="list-style-type: none"> - Pinto Beans - Brown Rice - Romaine + Shredded Red Cabbage - Orange - Low Fat Milk 	15 BBQ Beef <ul style="list-style-type: none"> - BBQ Sauce - Seasoned Barley - Spinach - Cornbread - Mesclun Salad Mix - Tropical Fruit Cocktail - Low Fat Milk 	16 Baked Fish <ul style="list-style-type: none"> - Tartar Sauce - Broccoli Spears - Brown Rice - Coleslaw - Apple - Low Fat Milk <p style="text-align: right;">CAKE DAY!! </p>
19 Tarragon Beef <ul style="list-style-type: none"> - Whole Grain Penne Pasta w/ Parsley - Mushroom Sauce - Seasoned Green Peas - Carrot-Bell Pepper + Celery Salad - Banana - Low Fat Milk 	20 Baked Lemon Chicken <ul style="list-style-type: none"> - Steamed Brown Rice - Kale + Cabbage - Marinated Cucumber Salad - Tropical Fruit Cocktail - Warm Cornbread - Low Fat Milk 	21 Pork Chop <ul style="list-style-type: none"> - LS Sauce - Lima Beans - Yellow Squash - Barley - Sliced Pears - Sugar Cookie - Low Fat Milk - Orange Juice 	22 Turkey Loaf w/ Gravy <ul style="list-style-type: none"> - Seasoned Corn - Brown Rice - Creamy Shrd. - Broccoli-Raisin Salad - Diced Peaches 	23 Beef Stew <ul style="list-style-type: none"> - Celery + Onion w/ LS Sauce - Carrots + Potatoes - Whole Grain Roll - Romaine, Mushroom, Bell Pepper Salad - Fruit Cocktail - Low Fat Milk - Orange Juice
26 Enchilada Casserole <ul style="list-style-type: none"> - Cheese - Pico de Gallo - Pinto Beans - Mexican Brown Rice - Lettuce + Cabbage Salad - Pineapple Tidbits - Low Fat Milk 	27 Beef Meatballs w/ Gravy <ul style="list-style-type: none"> - Spinach - Pickled Beets - Whole Grain Spaghetti - Banana - Low Fat Milk - Orange Juice 	28 Baked Fish <ul style="list-style-type: none"> - Tartar Sauce - mashed Potatoes + Gravy - Romaine + Mesclun Mix - Whole Grain Bread - Tropical Fruit - Low Fat Milk 	29 Smothered Steak <ul style="list-style-type: none"> - Onions + Peppers - Seasoned Carrots - Dilled Peas - Brown + White Rice - Orange - Low Fat Milk 	30 BENTO! Yakisoba / Shrimp Tempura

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