



Monday

Tuesday

Wednesday

Thursday

Friday



1 Pork Chop, Mustard Sauce, Seasoned Lima Beans, Yellow Squash, Coleslaw, Whole Grain Bread, Sliced Pears, Sugar Cookies, Low fat milk

2 Citrus Chicken, LS Sauce, Fettuccini Noodles, Seasoned Corn, Creamy Broccoli – Raisin Salad, Sliced Peaches, Low fat milk

3 Beef Stew, LS Sauce, Carrots & Potatoes, Romaine, Mushroom, Bell Peeper Salad, Whole Grain Roll, Banana, Low fat milk, Orange juice

6 Turkey Enchilada Casserole, Pico de Gallo, Pinto Beans, Mexican Brown Rice, Corn Tortillas, Leaf Lettuce Salad, Pineapple Tidbits + Mandarin Orange, Low fat milk

7 Beef Meatballs, Tomato Gravy, Whole Grain Pasta, Seasoned Spinach, Pickled Beets, Banana, Low fat milk, Orange juice

8 Baked Fish, Tartar Sauce, Mashed Potatoes & Gravy, Whole Grain Bread, Romaine & Mesclun Mix Salad, Balsamic Drsg., Orange, Low fat milk

9 Smothered Steak w/Onions & peppers, Cauliflower & Carrots, Dilled Peas, Brown & White Rice, Tropical Fruit, Low fat milk

10 Baked Chicken, Gravy, Garlic Mashed Potatoes, Broccoli-Raisin Salad, WG Bread Dressing, Apricots, Butterscotch Pudding, Low fat milk, Orange juice

13 Sloppy Joe's, Whole Grain Bun, Potato Salad, Green Lettuce & Radish Salad, French Drsg., Sliced Peaches, Low fat milk, Orange juice

14 BBQ Chicken Breast, BBQ Sauce, Warm Cornbread, Seasoned Kale, Sliced Cucumber w/House-made Vinaigrette, Orange, Low fat milk

15 Sliced Roast Beef, Gravy, Seasoned Red Beans, Fran's Brown Confetti Rice, Carrot & Apple, Bell Pepper, Celery Salad, Fresh Pear, Low fat milk, Orange juice

16 Sweet & Sour Pork, Seasoned Green Beans w/Garlic WG Egg Noodles, Coleslaw w/ Asian Drsg., Pineapple Tidbits, Low fat milk

17 Fish Tacos, Pico de Gallo, Mexican Brown Rice, Corn Tortillas, Seasoned Broccoli, Shredded Lettuce, Tomato, Cilantro, Pear Slices in juice, Low fat milk

20 Tuna Noodles Casserole, Three Bean Salad, WG Dinner Roll, Seasoned Peas, Mixed Green Salad, Diced Peaches, Low fat milk, Orange juice

21 Pepper Steak, Herbed Carrots, Tri-Color Slaw, White & Brown Rice, Banana, Almond Cookies, Low fat milk

22 Chicken with Alfredo Sauce, Broccoli, Seasoned Yellow Squash, Seasoned Barley, Mandarin Orange, Low fat milk

23 Homemade Beef Meatloaf, Gravy, Mashed Potatoes, Beets, Whole Grain Bread, Fresh Pear, Low fat milk, Orange juice

24 Turkey Picatta, LS Sauce, Brown Rice, Seasoned Carrot Coins, Green Salad, Orange, Low fat milk

Last day to order for 5/31 Bento.



28 Baked Chicken, Gravy, Seasoned Barley, Mashed Potatoes, Green Beans, Orange, Low fat milk

29 Chili Macaroni, Zucchini, Carrot Coin w/Parsley, Whole Grain Roll, Banana, Low fat milk, Orange juice

30 Baked Chicken Breast w/Rosemary, Confetti Brown Rice, Banana-Squash, Coleslaw w/Garlic, Apple, Low fat milk

31 Bento Day – Inari Sushi & Futomaki
Last day to order is 5/24

Funded By:
City of Los Angeles
Karen Bass, Mayor, City of Los Angeles

Sponsored By:
Watts Labor Community Action Committee
Timothy Watkins Sr., President & C.E.O.

City of Los Angeles
Department of Aging
Laura Trejo, General Manager