



675 S Carondelet St
Los Angeles CA 90057



July 2024



Live Well Feel Well Age Well
213-388-4444

	MON	TUE	WED	THU	FRI
WEEK 1	1 Southwest Shredded Chicken LS Pinto Beans *Shredded Cabbage Mixed Salad Greens, Radish Fresh Peach or Melon WG Tortilla NF or LF Milk	2 Shepherd's Pie **Carrots Mixed Salad Greens *Kiwi WG Roll NF or LF Milk	3 Independence Day Meal BBQ Chicken *Tri Color Coleslaw LS Baked Beans Fresh Melon, Watermelon, Honeydew, or Cantaloupe WG Roll NF or LF Milk Peach Pie	4 	5 Garden Vegetable Lasagna **Broccoli Caesar Salad *Cantaloupe or Orange WG Lasagna Pasta NF or LF Milk
WEEK 2	8 Open Face Hot Turkey Sandwich Green Beans Mashed Potatoes **Spinach Salad *100% Orange Juice WG Bread NF or LF Milk	9 Baked Pollock w/Lemon Sauce Mixed Veg Blend ***Broccoli Salad *Cinnamon Applesauce WG Roll NF or LF Milk	10 BBQ Chicken Yam or Sweet Potato ***Tri Color Coleslaw w/Carrots Peach or Pear Brown Rice NF or LF Milk	11 Turkey Caprese Salad Mesclun Salad Greens w/Cucumber, Tomato, & LS Garbanzo Beans *Strawberries or Cantaloupe WG Pita Bread NF or LF Milk	12 Meatloaf w/LS Gravy Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange WG Roll NF or LF Milk
WEEK 3	15 Chicken Adobo Green Peas Mesclun Salad w/Garbanzo beans *Pineapple & Mango Fruit Brown Rice NF or LF Milk	16 Turkey Milanese Cauliflower & Zucchini **Carrot Raisin Salad *Orange WG linguine w/LS Pesto Sauce NF or LF Milk Vanilla Yogurt Parfait	17 Salmon w/ Dill Sauce Green Beans **Chopped Mixed Salad w/ Spinach, Kale Bell pepper Cinnamon Applesauce WG Roll NF or LF Milk	18 Asian Beef Stir Fry **Mixed Asian Vegetables LS Beet Salad *Cantaloupe or Tangerine Brown Rice NF or LF Milk	19 Vegetarian Chili **Herb Roasted Carrots Mixed Salad Greens Banana Cornbread *Orange Juice Barley in Entree NF or LF Milk
WEEK 4	22 Spaghetti w/Meat Sauce **Broccoli Caesar Salad Fresh Pear or Peach *Orange Juice NF or LF Milk	23 Beef Fajita LS Pinto Beans Tossed Green Salad *Pineapple & Mango Fruit WG Tortilla NF or LF Milk	24 Mediterranean Chicken **Roasted Vegetables LS Lentil Salad w/Cucumbers *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread NF or LF Milk	25 Tuna Salad Cold Plate Herbed Potato Salad *Coleslaw Apple or Applesauce WG Roll NF or LF Milk	26 LS Roast Turkey **Fresh Yam or Sweet Potato Spinach Salad *Kiwi or Orange WG Stuffing NF or LF Milk Lemon Pudding
WEEK 5	29 Fish Creole LS Red Beans *Creamy Coleslaw Pear or Plum WG Tortilla NF or LF Milk	30 Chinese Chicken Salad ***Mixed Salad w/Kale, Brussels Sprouts *LS Beet & Orange Salad Fresh Fruit WG Roll NF or LF Milk	31 Stuffed Bell Pepper Mixed Vegetables Romaine Salad Apple *100% Orange Juice Dinner Roll NF or LF Milk Red Gelatin Cubes w/Yogurt		*Vitamin C Rich **Vitamin A Rich Milk is served daily Meal is subject to change without notice