



DINING ROOM MENU FOR DECEMBER 2024
MID-VALLEY / KESTER SENIOR CENTER
 Dining Center
 818 934-6883



Subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Fish Creole LS Red Beans *Creamy Coleslaw Warm WG Tortilla Pear or Plum LF Milk	3) Chicken Dijon Herb Zucchini & Green Beans ***Chopped Salad w/ Kale, Lettuce, cucumber, Carrots w/ Vinaigrette drsg Fresh Fruit Whole Grain Roll LF Milk	4) *Orange Juice Stuffed Bell Pepper (Ground Turkey) Mixed Vegetables Romaine Salad w/ Tomatoes 1000 Island Drsg. Apple Dinner Roll Red Gelatin Cubes w/ Yogurt & LF Milk	5) Tuscan Bean Stew w/Mushrooms, Carrots, Celery Sauce Roasted Cauliflower ** Spinach Salad Ranch Dressing Whole Grain Roll *Orange LF Milk	6) Korean BBQ (Beef) Sauté Zucchini w/ Sesame Seeds *** Broccoli Salad w/ Sliced Radish Herbed Brown Rice Pineapple (in own Juice) LF Milk
9) Savory Beef Stew . Beef (not ground) **Carrots, Celery Onion Mashed Potatoes Roasted Brussels Sprouts WG Roll or WG Bread *Orange LF Milk	10) Turkey Vegetable Stir-fry w/Lo Mein Noodles Mixed Asian Blend *Cabbage, Cucumber, Radish Salad w/Sesame Drsg WG Bread- 1 slice Poached Ginger Pear LF Milk	11) Caribbean Chicken Black Beans Corn Brown Rice Pilaf ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season LF Milk	12) *Orange Juice Bolognese w/ Penne Pasta (Ground Turkey) Herbed Zucchini & Yellow Squash Caesar Salad w/ Croustons Caesar Dressing Fruit Cup (apple & melon) LF Milk	13) Fish & Chips **Roasted Sweet Potato Wedges *Coleslaw WG Roll or WG Bread Fresh Peach OR Plum Tapioca Pudding LF Milk
16) Southwest Shredded Chicken LS Pinto Beans *Shredded Cabbage Mixed Salad Greens &Reddish w/ Cilantro Drsg. WG Corn Tortilla Fresh or Unsweetened Peaches OR Melon LF Milk	17) Shepherd's Pie (Ground Turkey) w/Mashed Potatoes **Carrots Mixed Salad Greens W/French Dressing Whole Grain Roll *Orange or Kiwi LF Milk	18) Baked Fish Almandine Green Beans w/ Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber w/1000 Island Drg Barley w/ Herbs Yogurt Parfait w/Berries LF Milk	19) Cashew Chicken Green Peas *Beet & Mandarin Orange Salad Brown Rice Fruit In Season LF Milk	20) Garden Vegetable Lasagna /WG Pasta Zucchini & Mushrooms Tomato Sauce Garnish w/ Parmesan Cheese **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange LF Milk
23) *Orange Juice Roast Turkey w/ Gravy ** Whipped Sweet Potato Green Beans w/ Almonds OR Asparagus Ambrosia Salad (Apples), Celery & Walnuts) Whole Grain Roll Apple Pie (optional) LF Milk	24) CENTER WILL BE OPENED ½ DAY Seasons Greetings	25) CENTER CLOSED IN OBSERVANCE OF Christmas 	26) Tamale Pie Black Beans Mesclun Salad Mix w/ Cilantro Drsg *Pineapple/Mango Fruit Cup Oat meal Cookie LF Milk	27) Meatloaf w/ Gravy (Ground Beef) Garlic Mashed Potatoes Roast Brussels Sprouts WG Roll *Orange LF Milk
30) *Orange Juice Chicken Marsala Baked Potato w/ Butter ** Winter Squash Mixed Salad Greens w/ Blue Cheese dressing Whole Grain Roll Fresh Fruit in Season Decorated Cake (Optional) LF Milk	31) HAPPY NEW YEAR CENTER WILL BE OPENED ½ DAY	DECEMBER 		CYNTHIA PAZ Dining Coordinator SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER