



DINING ROOM MENU FOR JUNE 2023 MID-VALLEY / KESTER SENIOR CENTER

Dining Center
818- 934 - 6883,

Subject to change without notice.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 3) Southwest Shredded Chicken Chicken Pinto Beans ***Spinach Salad w/Kale, Bell Pepper, Cucumber.& 1000 Island Drsg Corn Tortilla Peaches OR Melon LF Milk <div style="background-color: #f8d7da; padding: 2px; display: inline-block;">Food bank</div> | 4) Shepherd's Pie Ground Turkey w/Mashed Potatoes **Carrots Mixed Salad Greens French Dressing Whole Grain Roll *Orange or Kiwi LF Milk | 5) Baked Fish Almandine Green Beans w/ Herbs *Coleslaw w/Bell Pepper Barley w/ Herbs Yogurt Parfait w/Berries LF Milk | 6) Chicken Adobo Green Peas Mesclun Salad w/Garbanzo beans & Ranch Dressing Brown Rice Pineapple & Mango Fruit Cup LF Milk | 7) Garden Vegetable Lasagna Broccoli** Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange LF Milk |
| 10) Quiche w/Spinach & Mushrooms Mixed Veg Blend *** Broccoli Salad Whole Grain Roll Cinnamon Applesauce LF Milk | 11) Cashew Chicken Lo Mein noodles Green Peas *LS Beet & Mandarin Orange Salad Whole Grain Roll Fresh fruit LF Milk | 12) Enchilada Casserole (turkey) Pinto Beans Corn Tortilla Mesclun Salad mix Cilantro dressing *Mango/Pineapple Fruit Cup LF Milk | 13) Hungarian Goulash (Beef) Roasted Brussels Sprouts **Herbed Carrots Whole Grain Roll *Fresh Orange Oatmeal Cookie & LF Milk | 14) *Orange Juice Pot Roast (Beef) Sage Mashed Potatoes Peas w/ Pearl Onions Whole Grain Dinner Roll Fresh Fruit in Season Chocolate Cake LF Milk |
| 17) BBQ Chicken Corn ***Chopped Mixed Salad (kale, shredded Brussels sprouts, lettuce & carrots) w/ Ranch Dressing Whole Grain Roll *Strawberries LF Milk | 18) Salmon with Dill Sauce **Sweet Potato Tri Color Coleslaw Cinnamon Applesauce Whole Grain Roll LF Milk | 19) CENTER CLOSED IN OBSERVANCE OF  | 20) *Orange Juice Vegetarian Chili Green Beans Cornbread Mixed Salad Greens w/ French Dressing Banana LF Milk | 21) Chicken Milanese Linguine w/Pesto Sauce Cauliflower, & Zucchini Caesar Salad w/ Romaine, Croutons, Caesar Drsg Orange Vanilla Yogurt Parfait w/ Granola LF Milk |
| 24) *Orange Juice Spaghetti w/ Meat Sauce (Turkey) ** Broccoli Mesclun Salad Mix w/ Italian Dressing Fresh Pear or Peach LF Milk | 25) Mediterranean Chicken **Roasted Vegetables Brown Rice Pilaf Lentil Salad w/ Cucumbers & Vinaigrette Dressing Pita Bread & Hummus Cantaloupe OR Tangerine LF Milk | 26) Roast Turkey Breast **Butternut Squash or Sweet Potato Green Peas w/ Mushrooms Whole Grain Stuffing *Kiwi OR Orange-Lemon Pudding LF Milk | 27) Tuna Nicoise Salad Herbed Potato Salad OR Herb Roasted Potatoes *Creamy Coleslaw Whole Grain Roll Fresh Apple LF Milk | 28) Beef Fajita Pinto Beans Spanish Brown Rice Flour Tortilla Tossed Green Salad w/ Cilantro Dressing *Pineapple & Mango Fruit Cup LF Milk |
|  | | | LUNCH IS SERVED AT 11:30 A.M. – 12:30P.M | CYNTHIA PAZ Dining Coordinator VOLUNTARY CONTRIBUTION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER |