



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



Subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Southwest Chicken Bowl w/ Cheese Pinto or Black Beans Shredded Cabbage Mixed Salad Greens, Radish w/ Cilantro Dressing Corn Salad Fresh or Unsweetened Peaches or Melon LF Milk <div style="background-color: #f0f0f0; padding: 2px; text-align: center;">FOOD BANK</div>	2) Shepherd's Pie Ground Beef **Carrots Mixed Salad Greens French Dressing *Kiwi Whole Grain Roll LF Milk	3) BBQ Chicken *Tri Color Coleslaw Baked Beans Fresh Melon- Watermelon, Honeydew or Cantaloupe Whole Grain Roll Peach Pie LF Milk	<div style="text-align: center;">  DINING CENTER CLOSED  </div>	5) Garden Vegetable Lasagna w/ Zucchini & Mushrooms **Broccoli Caesar Salad w/ Caesar Dressing *Cantaloupe OR Orange LF Milk
8) *Orange Juice Open Face Hot Turkey Sandwich Green Beans Mashed Potatoes **Spinach Salad w Shredded Cabbage & Cranberries (Vinaigrette Dressing) Whole Grain Bread LF Milk	9) Quiche /Baked Pollack w/Lemon Sce spinach, mushrooms, Cheese garnish Mixed Veg Blend *** Broccoli Salad WG Roll Or WG Bread 1each Cinnamon Applesauce LF Milk	10) BBQ Chicken ** Yam or Sweet Potato *** Tri Color Coleslaw w/ carrots Brown Rice Peach or Pear LF Milk	11) Turkey Caprese Salad Bowl w/ Whole Grain Pita Bread Cheese Mesclun Salad Greens, & Cucumber, Tomato, Garbanzo Beans w/Pesto Salad Dressing *Strawberries OR Cantaloupe	12) Meatloaf w/ LS Gravy Ground Beef Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange WG Roll LF Milk
15) Chicken Adobo Green Peas Mesclun Salad w/ Garbanzo beans & Ranch Dressing Brown Rice * Pineapple & Mango Fruit LF Milk	16) Turkey Milanese WG linguine Cauliflower, & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/ Granola LF Milk	17) Salmon with Dill Sauce Green Beans *** Chopped Mixed Salad w/ spinach, Kale, bell pepper & Italian Dressing Whole Grain Roll Cinnamon Applesauce LF Milk	18) Asian Beef Stir Fry Mixed Asian Vegetables** (Broccoli, bamboo shoots, bell peppers, onions) Beet Salad Brown Rice *Cantaloupe OR Tangerine & LF Milk	19) * Orange Juice Vegetarian Chili ** Herb Roasted Carrots Mixed Salad Greens w/ French Dressing Cornbread Banana LF Milk
22) *Orange Juice Spaghetti w/ Meat Sauce (Ground Turkey) ** Broccoli Caesar Salad Caesar Dressing Fresh Pear or Peach LF Milk	23) Beef Fajita Pinto Beans Tossed Green Salad w/ Cilantro Dressing *Pineapple & Mango Fruit Cup Warm Tortilla LF Milk	24) Mediterranean Chicken **Roasted Vegetables Brown Rice Pita Bread & Hummus Lentil Salad w/ Cucumbers & Vinaigrette Drsg *Cantaloupe OR Tangerine LF Milk	25) Tuna Salad Cold Plate Herbed Potato Salad OR Herb Roasted Potatoes *Creamy Coleslaw Whole Grain Roll- Baked Apple OR Applesauce LF Milk	26) Roast Turkey Breast **Fresh Baked yam or Sweet Potato ** Spinach Salad w/ French Dressing Whole Grain Stuffing *Kiwi OR Orange Lemon Pudding LF Milk <div style="background-color: #f0f0f0; padding: 2px; text-align: center;">BIRTHDAY PARTY</div>
29) Fish Creole Red Beans *Creamy Coleslaw WG Tortilla Pear or Plum LF Milk	30) Chinese Chicken Salad w/Crunchy Rice Noodle Garnish ***Mixed Salad w/ Kale, Brussels Sprouts Sesame Dressing *Beet & Orange Salad Whole Grain Roll Fresh Fruit in Season LF Milk	31) *Orange Juice Stuffed Bell Pepper Mixed Vegetables Romaine Salad w/ Tomatoes & 1000 Island Drsg. Apple Dinner Roll Red Gelatin Cubes w/ Yogurt LF Milk	<div style="text-align: center;"> CYNTHIA PAZ <i>Dining Coordinator</i> VOLUNTARY CONTRIBUTION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER </div>	<div style="text-align: center;"> LUNCH IS SERVED AT 11:30 A.M. TO 12:30 P.M </div>