



Sunland Dining Center

February 2025 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ADRIANA HERNANDEZ Dining Coordinator SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER</p>				
<p>3. *Orange Juice Open Face Hot Turkey Sandwich w/Mashed Potatoes Whole Grain Bread/Green Beans Spinach Salad w/Shredded Cabbage & Dried Cranberries w/Vinaigrette Dressing</p>	<p>4. Baked Pollock w/Lemon Sauce Whole Grain Roll/Bread Mixed Vegetable Blend Broccoli Salad Cinnamon Applesauce</p>	<p>5. BBQ Chicken Brown Rice Yam OR Sweet Potato Tri Color Coleslaw w/Carrots Peach OR Pear</p>	<p>6. Tamale Pie (Turkey) w/ Black Beans Polenta/Cornmeal Mesclun Salad Greens w/ Cilantro Dressing *Pineapple/Mango Fruit Cup Oatmeal Cookie OPTIONAL</p>	<p>7. Meatloaf w/Gravy (Beef) Whole Grain Roll Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange</p>
<p>10. Chicken Adobo Brown Rice Green Peas Mesclun Salad w/Garbanzo Beans & Ranch Dressing *Pineapple & Mango Fruit Cup</p>	<p>11. Turkey Milanese & Linguine w/ Red Sauce Cauliflower & Zucchini Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/Granola OPTIONAL</p>	<p>12. Salmon w/Dill Sauce Whole Grain Roll Green Beans Chopped Mixed Salad w/Spinach, Kale, Bell Pepper & Italian Dressing Cinnamon Applesauce</p>	<p>13. Asian Beef Stir Fry Brown Rice Mixed Asian Vegetables Beet Salad *Cantaloupe OR Tangerine</p>	<p>18. *Grape Juice Chicken a la Orange Wheat Roll Brown Rice Pilaf Peas & Carrots *Coleslaw White Cake w/Strawberries ♥ VALENTINE'S DAY ♥</p>
<p>17. CENTER CLOSED IN OBSERVANCE OF PRESIDENTS' DAY</p> 	<p>18. *Orange Juice Hamburger (Turkey) w/Lettuce, Tomato, & Onion Whole Grain Bun Potato Salad Broccoli Cherry Gelatin w/Pineapple</p>	<p>19. Mediterranean Chicken Pita Bread Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine</p>	<p>20. Baked Fish w/Dijon Sauce Whole Grain Roll Herb Roasted Potatoes *Creamy Coleslaw Baked Apple OR Applesauce</p>	<p>21. Roast Turkey Breast w/Gravy & Cranberry Sauce Whole Grain Stuffing Fresh Baked Yam OR Sweet Potato Spinach Salad w/French Dressing *Kiwi OR Orange Lemon Pudding OPTIONAL</p>
<p>24. Fish Creole Whole Grain Tortilla Red Beans *Creamy Coleslaw Pear OR Plum</p>	<p>25. Chicken Dijon Whole Grain Roll Herb Zucchini & Green Beans *Chopped Salad w/Kale, Lettuce & Cucumber w/Vinaigrette Dressing Fresh Fruit in Season</p>	<p>26. *Orange Juice Stuffed Bell Pepper (Turkey) Dinner Roll Mixed Vegetables Romaine Salad w/Tomatoes & 1000 Island Dressing Apple Red Gelatin Cubes w/Yogurt</p>	<p>27. Tuscan Bean Stew Whole Grain Roll Roasted Cauliflower Spinach Salad w/Ranch Dressing *Orange</p>	<p>28. Korean BBQ (Beef) Herbed Brown Rice Sauté Zucchini w/ Sesame Seeds Broccoli Salad w/Sliced Radish Pineapple</p>

Lunch served at 11:30 AM - please arrive early to secure your meal! ALL MEALS INCLUDE LOW FAT MILK. MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

♥ ABD Dining Center (818) 834-6100 Ext. 305 ♥ Sunland Dining Center ♥ Olive Manor Dining Center ♥
11300 Glenoaks Blvd., Pacoima, CA 91331

***Vitamin C Source**