Sunland Dining Center
November 2024 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADRIANA HERNANDEZ ***Dining Coordinator*** ***SUGGESTED DONATION OF $3.10 FOR THOSE 60 YEARS OLD AND OVER***				**1.** **Fish & Chips** W/G Roll OR Bread Roasted Sweet Potato Wedges *Coleslaw Fresh Peach OR Plum Tapioca Pudding OPTIONAL Low fat Milk
4. **Southwest Shredded Chicken** W/G Tortilla/Pinto Beans *Shredded Cabbage Mixed Salad Greens & Radish w/Cilantro Dressing Fresh or U/S Peaches OR Melon Low fat Milk	**5.** **Shepherd's Pie (Ground Beef)** w/Mashed Potatoes Whole Grain Roll Carrots Mixed Salad Greens w/French Drsg *Kiwi Low fat Milk	**6.** **Baked Fish Almandine** Barley w/Herbs Green Beans w/Herbs Spinach Salad w/Kale, Bell Pepper & Cucumber w/1000 Drsg Yogurt Parfait w/Berries Low fat Milk	**7.** **Cashew Chicken** Brown Rice Green Peas *Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk	**8.** **Garden Vegetable Lasagna w/ Zucchini & Mushrooms** Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk
11. ***CENTER CLOSED IN OBSERVANCE OF*** 	**12.** **Baked Pollock w/Lemon Sauce OR Quiche w/Spinach & Mushrooms** Whole Grain Roll OR Bread Mixed Vegetable Blend Broccoli Salad/Cinnamon Low fat Milk Applesauce	**13.** **BBQ Chicken** Brown Rice Yam OR Sweet Potato Tri Color Coleslaw w/Carrots Peach OR Pear Low fat Milk	**14.** **Tamale Pie (Turkey)** Black Beans Mesclun Salad Greens w/ Cilantro Dressing *Pineapple/Mango Fruit Cup Oatmeal Cookie OPTIONAL Low fat Milk	**15.** **Meatloaf w/Gravy (Beef)** Whole Grain Roll Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Low fat Milk
18. **Chicken Adobo** Brown Rice Green Peas Mesclun Salad w/Garbanzo Beans w/ Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk	**19.** **Turkey Milanese & Linguine w/ Pesto Sauce** Cauliflower & Zucchini Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/Granola Low fat Milk OPTIONAL	**20.** **Salmon w/Dill Sauce** Whole Grain Roll Green Beans Chopped Mixed Salad w/ Spinach, Kale & Bell Pepper & Italian Dressing Cinnamon Applesauce Low fat Milk	**21.** **Asian Beef Stir Fry** Brown Rice Mixed Asian Vegetables Beet Salad *Cantaloupe OR Tangerine Low fat Milk	**22.** **Mediterranean Chicken** Pita Bread Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine Low fat Milk
25. **Orange Juice* **Spaghetti w/Meat Sauce (Turkey)** Broccoli Caesar Salad w/Caesar Dressing Fresh Pear OR Peach Low fat Milk	**26.** **Beef Fajita w/Peppers & Onions** Whole Grain Tortilla Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk	**27.** **Orange Juice* **Turkey Breast w/Gravy & Cranberry Sauce** Herb Stuffing & Whole Grain Roll Green Beans w/Almonds *Tossed Green Salad & Mandarin Oranges w/Vinaigrette Drsg Pumpkin Pie OR Tart Low fat Milk	**28.**	**29.** ***CENTER CLOSED IN OBSERVANCE OF***

Lunch served at 11:30 AM - please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. ***Vitamin C Source**

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