
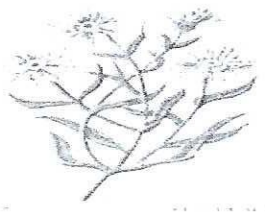



Sunland Dining Center

September 2024 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. CENTER CLOSED IN OBSERVANCE OF 	3. Beef Fajita Whole Grain Tortilla Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk	4. Mediterranean Chicken Pita Bread & Hummus Brown Rice Pilaf Roasted Vegetables Drsg Lentil Salad w/Cucumbers & *Cantaloupe OR Tangerine Low fat Milk	5. Tuna Salad Cold Plate Whole Grain Roll Herbed Potato Salad OR Herbed Roasted Potatoes *Creamy Coleslaw Baked Apple OR Applesauce Low fat Milk	6. Roast Turkey Breast w/Gravy & Cranberry Sauce Whole Grain Stuffing Fresh Baked Yam OR Sweet Potato Spinach Salad w/French Dressing *Kiwi OR Orange AND Low fat Milk Lemon Pudding
9. Fish Creole Whole Grain Tortilla Red Beans *Creamy Coleslaw Pear OR Plum Low fat Milk	10. Chinese Chicken Salad w/Rice Whole Grain Roll Noodle Garnish Mixed Salad w/Kale, Brussels Sprouts & Sesame Dressing *Beet & Orange Salad Fresh Fruit in Season Low fat Milk	11. *Orange Juice Stuffed Bell Pepper (Ground Turkey) Dinner Roll Mixed Vegetables Romaine Salad w/Tomatoes & 1000 Island Dressing Apple/Red Gelatin Cubes w/ Yogurt Low fat Milk	12. Tuscan Bean Stew Whole Grain Roll Roasted Cauliflower Spinach Salad w/Ranch Dressing *Orange Low fat Milk	13. Korean BBQ (Beef) Herbed Brown Rice Sauté Zucchini w/Sesame Seeds Broccoli Salad w/Sliced Radish Pineapple Low fat Milk
16. MEXICAN INDEPENDENCE DAY SEPT 16TH Beef Tamale Pinto Beans Spanish Brown Rice *Shredded Cabbage Salad w/Cilantro Dressing Fresh Fruit in Season Tapioca Pudding OR Custard Low fat Milk	17. Turkey Vegetable Stir Fry w/Lo Mein Noodles Mixed Asian Blend Vegetables **Cabbage, Cucumber, & Radish Salad w/Sesame Dressing Poached Ginger Pear Low fat Milk	18. Chicken Cobb Salad Whole Grain Roll Mixed Salad Greens w/Shredded Carrots & Bell Pepper w/1000 Island Dressing Tomato & Cucumber Salad Fresh Seasonal Fruit Low fat Milk	19. *Orange Juice Bolognese (Turkey) w/Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons & Caesar Dressing Fruit Cup (Apple & Melon) Low fat Milk	20. Fish & Chips WG Roll OR Bread Roasted Sweet Potato Wedges *Coleslaw Fresh Peach OR Plum Tapioca Pudding Low fat Milk
23. Southwest Chicken Bowl Whole Grain Roll Pinto OR Black Beans *Shredded Cabbage, Mixed Salad Greens & Radish w/Cilantro Drsg Corn Salad/Fresh OR U/S Low fat Milk Peaches OR Melon	24. Shepherd's Pie (Ground Beef) w/Mashed Potatoes Whole Grain Roll Carrots Mixed Salad Greens w/French Dressing *Kiwi Low fat Milk	25. Baked Fish Almondine Barley w/Herbs Green Beans w/Herbs Spinach Salad w/Kale, Bell Pepper, Cucumber & 1000 Drsg Yogurt Parfait w/Berries Low fat Milk	26. Cashew Chicken Brown Rice Green Peas Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk	27. Garden Vegetable Lasagna w/ Zucchini & Mushrooms Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk
30. *Orange Juice Open Face Hot Turkey Sandwich Whole Grain Bread Green Beans/Mashed Potatoes Spinach Salad w/Shredded Cabbage & Cranberries (Dried) & Vinaigrette Dressing Low fat Milk			MARLINE MOTTS DINING COORDINATOR SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS AND OVER	

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 ♥ Sunland Dining Center ♥ Olive Manor Dining Center ♥ Burns Manor Dining Center ♥
 11300 Glenoaks Blvd., Pacoima, CA 91331