



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Shepherd's Pie (G.T) w/Mashed Potatoes, S.Green Beans, Pickled Beets, WG Roll, Fresh Pear, Low fat milk, Orange juice	<b>2</b> Spaghetti w/Meat Sauce, S. Green Peas & Cauliflower, WG Noodles, Sliced Peaches, French Bread, Lemon Pudding, Low fat milk	<b>3</b> El Pollo Style Chicken, Pinto Beans, Brown Rice, Romaine & Shredded Red Cabbage Salad, Orange, Low fat milk		
<b>8</b> Tarragon Beef & Noodles, Mushroom Sauce, WG Penne Pasta w/Parsley, S. Green Peas, Carrot/Bell Pepper & Celery Salad, Banana, Low fat milk	<b>9</b> Baked Lemon Chicken, Steamed Brown Rice, Warm Cornbread, S. Kale & Cabbage, Cucumber Salad, Tropical Fruit Cocktail, Low fat milk	<b>10</b> Pork Chop, LS Sauce, Barley, S. Lima Beans, S. Yellow Squash, Sliced Pears, Sugar Cookie, Low fat milk, Orange juice	<b>11</b> Turley Loaf, Gravy, Seasoned Corn, Brown Rice, Creamy Shredded Broccoli & Raisin Salad, Diced Peaches in juice, Low fat milk	<b>12</b> Beef Stew w/Celery & Onion, Sauce, WG Roll, Carrots & Potatoes, Romaine/Mushrooms /Bell Pepper Salad, Fruit Cocktail, Low fat milk, Orange juice
<b>15</b> Turkey Enchilada Casserole, Pico de Gallo, Mexican Brown Rice, Pinto Beans, Leaf Lettuce w/Shredded Red Cabbage Salad, Pineapple Tidbits + Mango, Low fat milk	<b>16</b> Beef Meatballs, Tomato Gravy, WG Noodles, S. Spinach, Pickled Beets, Banana, Low fat milk, Orange juice	<b>17</b> Baked Fish, Tartar Sauce, Mashed Potatoes, Gravy, WG Bread, Romaine & Mesclun Mix Salad, Tropical Fruit, Low fat milk	<b>18</b> Smothered Steak w/Onions & Peppers, Brown & White Rice, LS Carrots Dilled Peas, Orange, Low fat milk	<b>19</b> Baked Chicken, WG Penne Pasta, S. Cauliflower, Chopped Kale/Spinach Shredded Brussels Sprouts & Mango Salad, Apricots, Vanilla Pudding, Low fat milk
<b>22</b> Sloppy Joes, Tomato Sauce, WG Bread, S. Ranch Corn, Carrot/Bell Pepper & Celery Salad, Sliced Peaches, Low fat milk	<b>23</b> BBQ Chicken Breast, BBQ Sauce, Barley, Sweet Potato, Sliced Cucumber w/house Vinaigrette, Orange or Tangerines, Low fat milk	<b>24</b> Chili Colorado (Beef w/Red Sauce), S.Red Beans, Fran's Brown Confetti Rice, Creamy Broccoli - Raisin Salad, Warm Cornbread, Cinn. Applesauce, Oatmeal Cookie, Low fat milk	<b>25</b> Sweet & Sour Pork, Pineapple/Red Peppers & Onion, S.Green Beans w/Garlic, Coleslaw w/Asian Drsg., WG Noodles, Banana, Low fat milk	<b>26</b> Ranch Chicken, LS Peas, Brown Rice, Shredded Salad Lettuce, Tomato, Cilantro, Pear Slices in juice, Low fat milk, Orange juice
<b>29</b> Tuna Noodle Casserole, Three Bean Salad, Mixed Green Salad Mesclun Mix, WG Roll, Fresh Apple, Low fat milk, Orange juice	<b>30</b> Beef & Broccoli LS Sauce, Brown Rice, Tri-Color Slaw Red & Green Cabbage & Bell Pepper, Banana, Tapioca Pudding, Low fat milk	<b>31</b> Chicken w/Alfredo Sauce, Barley, S. Yellow Squash, Kale, Bell Pepper, Mango Salad, Low fat milk		

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