



Irwindale Senior Center LUNCH MENU—January 2016

Mon	Tue	Wed	Thu	Fri
Irwindale Senior Center - 16116 Arrow Highway Irwindale, CA 91706 For reservations and/or cancellations, visit or call the Senior Center at: (626) 430-2283		End of the Year Closure: December 19, 2015 — January 3 2016 Resuming regular hours on Monday, January 4, 2016 at 8:00 a.m.		
4 TACO SALAD Rice Beans Shredded Lettuce Citrus Cup	5. Vegetable Soup CREOLE CHICKEN Canned Yams Coleslaw Banana	6 CHILI MAC Pasta in Entree Green Beans Spinach Salad Oatmeal Cookie	7 Chicken Noodle Soup SWEET & SOUR CHICKEN Rice Pilaf Vegetables Salad w/ Tomatoes	8 BAKED FISH OR ROAST BEEF Mashed Potatoes Peas Carrot Salad Orange
11 Orange Juice ROTISSERIE CHICKEN Green Beans Spinach Salad Banana	12 Navy Bean Soup BEEF STROGANOFF Noodles Vegetables Sunshine Salad Applesauce	13 HONEY MUSTARD CHICKEN Brown Rice Broccoli Garden Salad Cantaloupe	14 Vegetable barley soup STEAK PICADO Baked Potato Cucumber Salad Citrus Cup	15 BAKED FISH OR SPINACH QUICHE Rice Pilaf Squash Broccoli Slaw Bread Pudding
18 MARTIN LUTHER KING JR. DAY Senior Center OPEN No lunch served	19 Corn Chowder soup HAWAIIAN CHICKEN Yams Romaine Salad Orange	20 Split Pea Soup CHILI VERDE Red Potato Spinach Salad Peaches	21 CHICKEN ENCHILADA Rice Beans Salad Cantaloupe	22 BAKED FISH OR PORK ROAST Rice Green Beans Potato Wedges Marinated Salad Cake
25 CHICKEN PARMESAN Spaghetti Broccoli Carrot Salad Banana	26 Apple Juice BEEF FAJITAS Rice Beans Coleslaw Peanut Butter Cookies	27 Pizza Party and Birthday Cake No Meal Delivery	28 Chicken Rice Soup STUFFED PEPPER Mashed Potatoes Cauliflower Green Bean Salad Pineapple Chunks	29 BAKED FISH OR CHILI EGG PUFF Carrots Tossed Salad Chocolate Pudding

NUTRITION PROGRAM

Check in starts at 11:00 a.m. and lunch is served at 12:00 noon

Cost: Irwindale residents 50 years plus—\$1.00 and Non-residents 50 years plus—\$2.00

GUIDELINES

- Your choice meals will be ordered based on the selections made 48 hours in advance; otherwise, first come first served. You should be aware there might be days when menu is subject to change. To guarantee a reservation you must check-in by 11:45 am
- Simply call or stop by the Irwindale Senior Center to make your reservation and/or to cancel.
- Numbered lunch tickets will be given at check-in and meals will be served to groups of ten at a time.
- Individuals with a reservation and not checked in by 11:45 a.m. will forfeit their reservation.
- Those without a reservation or late arrivals will receive a higher numbered lunch ticket and will be added to the waiting list.
- If meals are still available the higher numbered tickets will then be called.
- Nutrition program meals are prepared by Morrison Management Specialists Monday through Friday.
- No take home containers will be provided.

The following ingredients will be used whenever possible: No added salt; non-fat milk in puddings, in creamed dishes and soups; cheese lower in saturated fat and cholesterol; canola oil in food preparation when oil is called for; egg substitute in egg dishes (no cholesterol); and canned fruit in light syrup.

Menu is subject to change without notice