



Irwindale Senior Center LUNCH MENU—FEBRUARY 2016

Mon	Tue	Wed	Thu	Fri
1 BEEF TACO Spanish rice Black beans Lettuce & tomatoes Orange	2 OVEN BROWN CHICKEN Biscuit Brussels sprouts Yams Seasonal Fruit	3 Minestrone Soup Spaghetti / Meat Sauce Peas & Carrots Garden Salad Citrus Fruit	4 Potato Soup BAKED HERB CHICKEN White rice Broccoli Green Salad Applesauce	5 BAKED FISH OR PORK ROAST Sautéed Spinach Oven roasted potatoes Marinated Tomatoes Pears
8 Apple Juice ROAST TURKEY Harvest beets Sweet Potato Coleslaw Pumpkin bread	9 Barley mushroom Soup SLOPPY JOE Corn Romaine lettuce Salad Citrus Cup	10 ROSEMARY CHICKEN Rice Pilaf Green beans Spinach salad	11 Tomato Soup BEEF STEW Potatoes, Peas, Carrots in beef stew Lettuce & Tomato salad Cantaloupe	12 BAKED FISH OR VEGTABLE QUICHE Orzo Squash Medley Broccoli Slaw
15 PRESIDENT'S DAY Office Clean Up Day Senior Center Closed	16 Vegetable Soup BBQ CHICKEN Yams Coleslaw Banana	17 Apple Juice BEEF LASAGNA Whole Grain Bread Harvard Beets Mashed Potatoes Coleslaw	18 Chicken Noodle soup SWEET & SOUR CHICKEN Rice Pilaf Vegetable blend Romaine Salad	19 BAKED FISH OR ROAST BEEF Peas Carrots Pineapple Salad Orange
22 ROTISSERIE CHICKEN Biscuit Green beans Spinach salad Banana	23 Navy Bean Soup BEEF STROGANOFF Noodles Vegetables Sunshine Salad Cinnamon applesauce	24 PIZZA PARTY & BIRTHDAY CELEBRATION No Homebound Delivery Today	25 Vegetable Soup STEAK PICADO Baked potato Cucumber Salad Citrus Cup	26 ACADEMY AWARDS DANCE & POTLUCK No Homebound Delivery Today
29 BBQ BEEF Wheat bread Macaroni Salad Seasoned Carrots Coleslaw Pears	Irwindale Senior Center - 16116 Arrow Highway Irwindale, CA 91706 For reservations and/or cancellations, visit or call the Senior Center at: (626) 430-2283			

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

- Please make a reservation at least 24 hours in advance.
- 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