



IRWINDALE SENIOR CENTER LUNCH MENU – AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Vegetable soup SWEDISH MEATBALLS Egg Noodles Carrots Cucumber Salad Pineapple & Mango	2. BAKED FISH OR SPINACH QUICHE Barley Pilaf Harvest Beets Coleslaw Pudding
5. HOT ROAST BEEF Mashed Potatoes Salad Pears	6. Corn Chowder CRISPY CHICKEN Baked sweet potato Romaine salad Banana	7. Tomato Soup MEATLOAF Noodles Carrots Salad Orange	8. CHICKEN ENCHILDA Brown Rice Pinto Beans Coleslaw Cookie	9. NO LUNCH TODAY!
12. CHICKEN PARMESAN Spaghetti Broccoli slaw Winter Squash Banana	13. BEEF FAJTAS Brown Rice Pinto Beans Spinach Salad Fruit	14. Vegetable soup CHICKEN DIVAN Barley w/ Herbs Green beans Coleslaw Fruit	15. STUFFED PEPPERS Mashed Potatoes Tossed Salad Pineapple chunks / Mango	16. NO LUNCH TODAY!
19. BEEF TACO Brown Rice Black Beans Lettuce & Tomato Salad Cantaloupe	20. Chicken Noodle soup TUNA SALAD Broccoli Slaw Mixed Green Salad Cookie	21. SPAGHETTI W/ TURKEY MEAT SAUCE Carrots Romaine Salad Orange	22. CHICKEN A LA MORRISON Barley Pilaf Brussels Sprouts Spinach Salad Applesauce	23. BAKED FISH OR BBQ PULLED PORK Mashed potatoes Tomato green pepper salad Fruit
26. CHICKEN ALFREDO Penne pasta Spinach Salad Fruit	27. Lentil Soup HAMBURGER PATTY Potato Salad Lettuce & Tomato Fruit	28. ROTISSERIE CHICKEN Harvest beets Sweet Potato Coleslaw Banana	29. Albondigas Soup PORK CHOP SUEY Brown rice Broccoli Tomato Salad Fruit	30. NO LUNCH TODAY

NUTRITION PROGRAM - Menu is subject to change

Check in starts at 11:00am and lunch is served at 12:00noon

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 guaranteed a reservation you must check-in by 11:45am
- 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 forfeit their reservation.
- Individuals with tickets will be given at check-in and meals will be served to groups of ten at a time.
- 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-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.

**For reservations and/ or cancellations, visit or call the Senior Center at (626) 430-2283
Irwindale Senior Center-16116 Arrow Highway Irwindale, CA 91706**