



IRWINDALE SENIOR CENTER

LUNCH MENU – NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1. BAKED FISH OR BBQ PORK Macaroni Salad Green beans Cucumber salad Cantaloupe
4. CHICKEN PARMESAN Broccoli slaw Winter Squash Banana	5. BEEF FAJITAS Brown Rice Pinto Beans Spinach Salad Pears	6. CHICKEN DIVAN Barley w/ Herbs Green beans Coleslaw Peaches	7. STUFFED PEPPERS Mashed Potatoes Tossed salad Pineapple w/ mango	8. BAKED FISH w/ CRUMB TOPPING OR OMELET w/ PEPPERS Yams Salad Chocolate pudding
11. No Lunch today! Veterans Day	12. Chicken Noodle Soup TUNA SALAD Broccoli Slaw Mixed Salad Cookie	13. SPAGHETTI w/ Turkey meat sauce Carrots Salad Orange	14. CHICKEN A LA MORRISON Barley Pilaf Brussels Sprouts Spinach salad Applesauce	15 No Lunch Today Thanksgiving Dinner Dance
18. CHICKEN ALFREDO Penne Pasta Spinach Salad Fruit	19. Lentil Soup HAMBURGER Potato Salad Lettuce & Tomato Fruit	20. ROTISSERIE CHICKEN Harvest Beets Sweet Potato Coleslaw Banana	21. Albondigs soup PORK CHOP SUEY Brown rice Broccoli Tomato Salad	22. No Lunch Today Birthday Breakfast
25. TACO SALAD Pinto beans Salad Cookie	26. BBQ CHICKEN Yams Coleslaw Fruit	27. SLICED TURKEY W/ GRAVEY Stuffing Green beans Cranberry salad Sweet potato Pumpkin Tart	28. No Lunch Today HAPPY THANKSGIVING SENIOR CENTER CLOSED	29. SENIOR CENTER CLOSED 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