



Irwindale Senior Center LUNCH MENU— MARCH 2020

Mon	Tue	Wed	Thu	Fri
2. HOT ROAST BEEF Mashed Potatoes Salad Pears	3. Corn Chowder CRISPY CHICKEN Sweet potato Romaine Salad Banana	4. Tomato Basil Soup MEAT LOAF Noodles Carrots Salad Fruit	5. CHICKEN ENCHILADA Brown Rice Pinto Beans Coleslaw Cookie	6. BAKE FISH W/ DILL SAUCE OR BBQ PORK Macaroni Salad Green Beans Cucumber Salad Fruit
9. CHICKEN PARMESAN Spaghetti Broccoli slaw Squash Banana	10. BEEF FAJITAS Brown Rice Pinto Beans Spinach Salad Fruit	11. CHICKEN DIVAN Barley Green Beans Coleslaw Peaches	12. STUFFED PEPPER Mashed Potatoes Salad Pineapple w/ mango	13. NO LUNCH ST. PATTY DAY DANCE / POTLUCK
16. BEEF TACO Black beans Lettuce & Tomato Fruit	17. CORNED BEEF Cabbage Boiled Potato Salad Cake St. Patrick's day	18. SPAGHETTI Carrots Romaine Salad Fruit	19. CHICKEN A LA MORRISON Barley Pilaf Brussels sprouts Spinach Salad Applesauce	20. BAKED FISH w/ LEMON SAUCE OR BBQ PULLED PORK Mashed Potatoes Tomato green pepper salad
23. CHICKEN ALFREDO Spinach Salad Fruit	24. Lentil Soup HAMBURGER Potato Salad Lettuce & Tomato Fruit	25. ROTISSERIE CHICKEN Harvest beets Sweet Potato Coleslaw	26. PORK CHOP SUEY Brown Rice Broccoli Tomato Salad Fruit	27. CHEESE ENCHILADAS Beans Eggs Birthday Cake Birthday Breakfast
30. TACO SALAD Rice Pinto Beans Lettuce, Cabbage & Tomatoes Cookie	31. BBQ CHICKEN Yams Coleslaw Banana	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

- 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