

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Call Us About 2007 Medicare Advantage Plans APPLECARE (562)862-9082 Experience the Difference CA. Lic. #0E97515</p>				<p>1 ALL SITES CLOSED NEW YEAR'S DAY Happy New Year!!!</p>
<p>4</p> <p>Tortilla Soup CHILI COLORADO Refried Beans Ceasar Salad w/Croutons Corn Tortilla Tropical Fruit</p>	<p>5</p> <p>Oriental Vegetable Soup GINGER CITRUS CHICKEN (BREAST) White/Wild Rice Sautéed Cabbage Spinach Salad Yellow Cake</p>	<p>6</p> <p>Lentil Soup PARMESAN TOPPED SHELLS & CHESSE! Broccoli Garden Salad French Bread Oatmeal Cookies</p>	<p>7</p> <p>ROAST BEEF W/GRAVY Lemon Barley Pilaf Succotash Carrot Raisin Salad Orange</p>	<p>8</p> <p>BAKED CHICKEN (LEG & THIGH) Mashed Potatoes California Blend Wheat Roll Applesauce</p>
<p>11</p> <p>Cream of Broccoli Soup Choice of Entrée CHICKEN PARMESAN OR BAKED FISH ALMANDINE Parslied Rotini Noodle Brussels Sprouts Green Salad/Whole Grain Roll Vanilla Pudding</p>	<p>12</p> <p>White Bean Soup PEPPER STEAK Brown Rice Broccoli Confetti Coleslaw w/ carrots Ice Cream</p>	<p>13</p> <p>CHICKEN GARBANZO STEW W/CARROTS & ONIONS Cauliflower Green Salad French Bread Oatmeal Bar</p>	<p>14</p> <p>Grape Juice STUFFED CABBAGE CASSEROLE Rice Garden Green Salad French Roll Pineapple</p>	<p>15</p> <p><i>M.L.K Luncheon</i> Pineapple Juice SMOTHERED PORK CHOPS Oven Roasted Potatoes Green Beans Jellied Manhattan Jell-O Cornbread Banana Pudding w/Wafers</p>
<p>18</p> <p>ALL SITES CLOSED Martin Luther King Jr. Day</p>	<p>19</p> <p>Cream of Broccoli CHICKEN PICATTA W/LEMON CAPERS (BREAST) Barley Casserole Peas & Onions Spinach Salad Fruit Cocktail</p>	<p>20</p> <p>Orange Juice <i>Choice of Entrée</i> BAKED FISH OR GARLIC PEPPERCORN PORK LOIN/Potato O'Brien w/onions &/Banana Squash Lettuce Salad w/cucumber & red cabbage/Lime Jell-O w/pears</p>	<p>21</p> <p>Bayou Chowder SPAGHETTI & MEATBALLS Seasoned Broccoli Caesar Salad w/Croutons Whole Grain Roll Fruit in Season</p>	<p>22</p> <p>OVEN FRIED CHICKEN (LEG & THIGH) Baked Sweet Potato Seasoned Mixed Greens Coleslaw w/Raisins Cornbread Pudding</p>
<p>25</p> <p>Cream of Mushroom HOT DOG! Corn-on-the Cob Carrot & Pineapple Salad Orange</p>	<p>26</p> <p>CHICKEN MOLE (LEG & THIGH) Pinto Beans Broccoli Corn Tortilla Rice Pudding</p>	<p>27</p> <p>Split Pea Soup BEEF STROGANOFF Egg Noodles Green Beans Cucumber Tomato Salad Tropical Fruit</p>	<p>28</p> <p>Orange Juice <i>Choice of Entrée</i> SEAFOOD NEWBURG OR BBQ CHICKEN Brown/Wild Rice Diced Carrots w/Parsley Garden Salad/Spiced Apples</p>	<p>29</p> <p><i>Happy January Birthdays</i> Chicken Noodle Soup MEATLOAF Mashed Potatoes California Blend Whole Wheat Bread Cake</p>

ALL MEALS SERVED WITH NONFAT OR 1 %LOWFAT MILK
FRUIT ! HIGH SODIUM

* ITEMS CONTAIN TRANS FAT. PLEASE SEE SITE MANAGER FOR CHOICE OF

*MENU SUBJECT TO CHANGE WITHOUT NOTICE - This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended.