

# HUMAN SERVICES ASSOCIATION "Where Caring Becomes Doing" ✂ SENIOR DINING CENTER

JULY 2025

| MONDAY                                                                                                                                                                                                       | TUESDAY                                                                                                                                                           | WEDNESDAY                                                                                                                                             | THURSDAY                                                                                                                                                                                                                           | FRIDAY |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <br>1<br>Cream of Broccoli<br><b>SHEPHERD'S PIE</b><br>WG Bread<br>Green Beans<br>Chopped Kale & Spinach<br>Salad<br>Pear | 2<br>Tomato Soup<br><b>ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE</b><br>Barley w/Parsley<br>Brussel Sprouts<br>Chopped Salad<br>Tropical Fruit                       | 3<br>4 <sup>th</sup> of July Celebration<br><b>BBQ CHICKEN</b><br>WG Bread<br>Baked Beans<br>Corn On the Cob<br>Creamy Coleslaw<br>Fresh Melon        | 4<br><b>ALL SITES CLOSED</b><br>                                                                                                                   |        |
| 7<br><i>Choice of Entrée</i><br><b>GARLIC BUTTER FISH OR SWEET &amp; SOUR PORK</b><br>Barley w/Herbs/ Spinach<br>Marinated Tomato & Onion<br>Salad/ Pear                                                     | 8<br>Lentil Soup<br><b>CHICKEN CURRY</b><br>Brown Rice<br>Asian Mixed Vegetables<br>Chopped Asian Salad<br>w/Romaine & Green Onions<br>Cantaloupe                 | 9<br><b>BEEF STEW</b><br>WG Dinner Roll<br>Carrots<br>Creamy Dill Cucumber Salad<br>Fruited Vanilla Yogurt<br>Orange                                  | 10<br><b>CHICKEN MARSALA w/MUSHROOMS &amp; WHITE WINE SAUCE</b><br>WG Penne Pasta / Peas<br>Marinated Beet Salad<br>Kiwi                                                                                                           |        |
| 14<br>Cream of Mushroom<br><b>BBQ HAMBURGER</b><br>WG Bun<br>Broccoli<br>Baked Beans<br>Fresh Melon                                                                                                          | 15<br><b>CREAMY CILANTRO BAKED FISH</b><br>WG Penne Pasta<br>Biscuit<br>Brussel Sprouts<br>Spinach & Kale Salad<br>Peach or Plum                                  | 16<br>Chicken Tortilla Soup<br><b>TURKEY &amp; CRANBERRY SALAD</b><br>WG Bread<br>Garden Salad w/Vinaigrette<br>Coleslaw<br>Banana                    | 17<br><b>ROAST BEEF w/GRAVY</b><br>WG Bread<br>Mashed Sweet Potatoes<br>Collard Greens<br>Mandarin Orange<br>Green Gelatin                                                                                                         |        |
| 21<br>Turkey Rice Soup<br><b>TUNA SANDWICH</b><br>WG Bread<br>Carrot Pineapple Slaw<br>Shredded Brussels Sprouts &<br>Cabbage Salad<br>Applesauce                                                            | 22<br><b>SPAGHETTI w/MEATBALLS</b><br>WG Spaghetti<br>Sourdough Bread<br>Broccoli<br>Romaine Caesar Salad<br>w/CROUTONS<br>Banana                                 | 23<br><b>CHICKEN ENCHILADA CASSEROLE</b><br>WG Corn Tortilla<br>Black Beans<br>Creamy Cucumber Salad<br>Orange<br>Sherbet                             | 24<br><i>Happy July Birthdays!</i><br>Cabbage & Tomato Soup<br><b>LEMON PEPPER FISH</b><br>WG Roll<br>Green Beans<br>Corn<br>Kiwi<br>“Cake”<br> |        |
| 28<br>Northern Bean Soup<br><b>BEEF CHILI MAC</b><br>WG Spiral Pasta<br>Peas & Onions<br>Chopped Spinach & Kale<br>Salad<br>Pear                                                                             | 29<br><i>Choice of Entrée</i><br><b>HERB BAKED FISH DILL w/DILL SAUCE OR ROAST PORK w/MUSTARD SAUCE</b><br>WG Bread /Couscous<br>Steamed Cabbage<br>Waldorf Salad | 30<br>Butternut Squash Soup<br><b>TURKEY A LA KING</b><br>WG Pasta<br>Biscuit/Cauliflower<br>Marinated Beet Salad<br>w/Onions<br>Seasonal Fresh Fruit | 31<br><b>MEATLOAF w/ RED SAUCE</b><br>WG Bread<br>Mashed Potatoes<br>Mediterranean Salad<br>Fruit Cocktail w/Coconut<br>Garnish                                                                                                    |        |
| <b>VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS &amp; OLDER \$3.00 FEE FOR NON-SENIORS \$7.00</b>                                                                                                               |                                                                                                                                                                   |                                                                                                                                                       |                                                                                                                                                                                                                                    |        |

ALL MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE MANAGER FOR CHOICE OF FRUIT ! HIGH SODIUM! \*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. RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES.