

HUMAN SERVICES ASSOCIATION "Where Caring Becomes Doing" ✨ **CERRITOS SENIOR DINING CENTER MAY 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00</p>				<p>1 Tuscan Soup BREADED FISH Flour Tortilla Cilantro Lime Brown Rice Zucchini Medley Coleslaw w/Chipotle Dressing/Banana</p>
<p>4</p> <p>Cream of Mushroom BBQ HAMBURGER WG Bun Broccoli Baked Beans Fresh Melon</p>	<p>5 <i>Cinco de Mayo Luncheon!</i> STEAK PICADO Flour Tortilla Spanish Brown Rice Pinto Beans Green Salad w/Corn, Red Onion & Tomato for garnish Mandarin Orange w/Jicama Tres Leches Cake</p> 	<p>6</p> <p>Chicken Tortilla Soup TURKEY & CRANBERRY SALAD WG Bread Garden Salad w/Vinaigrette Coleslaw Banana</p>	<p>7 <i>Mother's Day Luncheon!</i> CHICKEN BREAST MILANO Dinner Roll WG Rotini Pasta w/Sundried Tomatoes Steamed Carrots Marinated Garbanzo, Cucumber and Red Onions Salad w/Feta Cheese for garnish Fruit/Cheesecake or White Cake</p> 	<p>8</p> <p><i>Sack Lunches</i> Orange Juice EGG SALAD WG Bread Lettuce & Tomato Carrot Raisin Salad Fresh Fruit in Season</p>
<p>11 Turkey Rice Soup TUNA SANDWICH WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Applesauce</p>	<p>12 SPAGHETTI w/MEATBALLS WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad Banana</p>	<p>13 CHICKEN ENCHILADA CASSEROLE WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange/Sherbet</p>	<p>14 <i>Happy May Birthdays!</i> Cabbage & Tomato Soup LEMON PEPPER FISH WG Roll Corn Green Beans Kiwi</p> 	<p>15 PORK LOIN w/BLACK PEPPERCORN SAUCE WG Bread Stuffing Fresh Sweet Potato Beet & Onion Salad Tangerine</p>
<p>18 Northern Bean Soup BEEF CHILI MAC WG Spiral Pasta Peas & Corn Chopped Spinach & Kale Salad w/Red Onions Pear</p>	<p>19 <i>Choice of Entrée</i> HERB BAKED FISH w/DILL SAUCE OR ROAST PORK w/MUSTARD SAUCE WG Bread/Couscous Steamed Cabbage Waldorf Salad/Cookies</p>	<p>20 Butternut Squash Soup TURKEY A LA KING WG Pasta Biscuits Cauliflower Marinated Beet Salad w/Onions Fresh Fruit</p>	<p>21 MEATLOAF w/RED SAUCE Whole Grain Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish</p>	<p>22 <i>Memorial Day Luncheon!</i> Orange Juice !CHILI HOT DOG! WG Hot Dog Bun Potato Salad Marinated Beet Salad w/Onions Watermelon Wedge</p> 
<p>25 ALL SITES CLOSED</p> <p>☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆</p> <p>IN HONOR OF</p> <p><i>Memorial Day</i></p> <p>WE WILL BE CLOSED</p> <p>☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆</p>	<p>26</p> <p>BEEF PICADO Flour Tortilla Brown Spanish Rice Black Beans Chopped Romaine Salad Mandarin Oranges w/Jicama</p>	<p>27</p> <p>Fideo Soup TUNA SALAD WG Bread Potato Salad Garden Salad, Shredded Purple Cabbage Garnish Cantaloupe</p>	<p>28</p> <p>OVEN BAKED CHICKEN WG Cornbread Stuffing Cauliflower Carrot & Raisin Salad Peach</p>	<p>29</p> <p>Minestrone Soup MEATLOAF WG Bread Broccoli Chopped Spinach & Kale Salad Banana</p>

ALL MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE AIDE 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**