



CERRITOS
SENIOR CENTER
AT PAT NIXON PARK

August 2026

Cerritos Senior Center

12340 South St., Cerritos, CA 90703

Monday, Wednesday, & Friday: 7:30 a.m. - 5 p.m.

Tuesday & Thursday: 7:30 a.m. - 8 p.m.

CLOSED Saturday & Sunday

H.S.A. Lunch Program

(SERVES PATRONS 50 YEARS AND OLDER)

Reservations now accepted. Reservations for dine-in hot meals must be made 24 hours in advance before 11 am on the previous day you plan to attend.

(Monday Reservations must be made on the previous Friday.)

Reservations may be canceled 24 hours prior to meal service. If you do not have a reservation, you will be placed on a waitlist and may receive a lunch if extras are available.

Lunch is promptly at 12 p.m. Monday through Friday.

Please check-in no later than 12:10 p.m. or your lunch may be given to a senior on the waitlist.

60+ years: suggested donation of \$3.00

50-59 years: a fee of \$7.00

For reservations or more information, please call (562) 916-8555.

HUMAN SERVICES ASSOCIATION "Where Caring Becomes Doing" " CERRITOS SENIOR DINING CENTER AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHICKEN w/MUSHROOM GRAVY WG Spiral Pasta Cauliflower Mesclun Field Salad Cantaloupe Wedge	4 Cabbage Soup STUFFED BELL PEPPER WG Roll Mashed Potato Carrots Apple or Applesauce	5 BEEF PICADO Flour Tortilla Brown Spanish Rice Black Beans Chopped Romaine Salad Mandarin Orange w/Jicama	6 Cream of Celery Soup TUNA SALAD WG Bread Marinated Broccoli Salad Garden Salad Banana	7 LEMON DIJON CHICKEN WG Cornbread Stuffing Green Beans w/Almond Slivers Pineapple w/Mango Red Gelatin
10 TURKEY MEATLOAF WG Bread Mashed Potatoes Marinated Tomato Salad Applesauce	11 <i>Choice of Entrée</i> GARLIC BUTTER FISH OR SWEET & SOUR PORK Barley w/Parsley Spinach Mesclun Salad Orange	12 Cream of Mushroom SLOPPY JOES WG Bun Sweet Potato Marinated Cucumber Salad Pineapple & Mango	13 ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE WG Dinner Roll Couscous Pilaf Cauliflower/Bean Salad Cantaloupe Oatmeal Cookie	14 Tofu & Vegetable Soup ASIAN BEEF w/GREEN ONIONS Brown Rice Broccoli Chopped Salad Pear
17 BBQ CHICKEN Barley Pilaf Collard Greens Black Eye Peas Tropical Fruit	18 <i>Happy August Birthdays!</i> BEEF LASAGNA WG Bread Broccoli Caesar Salad Pear Ice Cream "Cake" 	19 Spinach Soup THAI BASIL CHICKEN Brown Rice Asian Mixed Vegetables Chopped Asian Salad Cantaloupe Wedge	20 BEEF STEW WG Bread Carrots & Zucchini Medley Creamy Dill Cucumber Salad Kiwi	21 Tomato Soup PORK w/MUSHROOM SAUCE WG Penne pasta w/Marsala Sauce Peas & Onions Marinated Beet Salad Orange
24 Cream of Mushroom BREADED FISH WG Roll Zucchini Medley Creamy Coleslaw Watermelon Slice	25 CREAMY BASIL CHICKEN WG Barley Pilaf Peas Garden Salad w/Cucumber Cantaloupe Wedge	26 HAMBURGER WG Hamburger Bun Tomato, Lettuce Baked Beans Brussel Sprouts Orange Fruited Vanilla Yogurt	27 Corn Chowder TURKEY & CRANBERRY SALAD WG Bread Marinated Broccoli Slaw Spring Mix Salad Banana	28 Split Pea Soup ROAST BEEF w/GRAVY WG Roll Fresh Baked Sweet Potatoes Creamed Spinach Waldorf Salad
31 Sack Lunches CHICKEN SALAD WG Bread Potato Salad Carrot Raisin Salad Fresh Fruit Oatmeal Cookie				VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00

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