



September

2020

Southwestern &
West Adams



1 Garlic Chicken Breast, Sauce, WG Roll, Green Beans w/Cauliflower, Tossed Salad, Italian Drsg., Oatmeal Cookie, Low fat milk, Orange juice

2 Turkey a La King, Parsley WG Noodles, Warm Biscuit, Broccoli, Mixed Green Salad, 1000 Island Drsg., Pineapple & Mango Fruit Cup, Low fat milk

3 Caribbean Chicken, Black Bean Sauce, Brown Rice Pilaf, Green Peas w/Onions, Carrot/Apple/Bell Pepper & Celery Salad, Grapes, Peach or Nectarine, Low fat milk

4 Cheeseburger, WG Bun, Baked Potato Wedges, Sautéed Spinach, Coleslaw, Banana, Low fat milk, Tomato Basil Soup



7 **8** Shepherd's Pie, Mashed Potatoes, Sauce, WG Roll, Broccoli, Spinach Salad, 1000 Island Drsg., Banana, Low fat milk

9 Chicken Adobo, Sauce, Herbed Brown Rice, Herbed Carrots, Mesclun Salad, Ranch Drsg., Pineapple & Mandarin Fruit Cup, Low fat milk

10 Lasagna(G.Turkey) WG Roll, Cauliflower, Brussels Sprouts, Zucchini, Mixed Salad Greens, Italian Drsg., Cinnamon Apple sauce, Low fat milk, Orange juice

11 Baked Fish w/Vera Cruz Sauce or Breaded Fish, Tartar Sauce, Quinoa Pilaf, Green Beans w/Herbs, Carrot Raisin Salad, Cantaloupe or Orange, Low fat milk, Tortilla Soup

14 Beef Bolognese WG Penne Pasta, Sauce, Herbed Zucchini & Yellow Squash, Caesar Salad & Drsg., Pineapple and Mango Fruit Cup, Low fat milk

15 Baked Salmon w/Dill Sauce, WG Roll, Roasted Corn, Spinach Salad w/Tomato/Bell Pepper/Radish, 1000 Island Drsg., Cinnamon Apple or Med. Apple, Low fat milk, Butternut Squash Soup

16 Beef Tamale or Chicken or Beef Enchilada, Sauce, Spanish Brown Rice, Broccoli, Assort. Salad Greens, Cilantro Drsg., Tapioca Pudding or Custard, Low fat milk, Orange juice

17 Oven Baked Chicken, Macaroni & Cheese, WG Roll, Green Beans w/Herbs, Coleslaw w/Carrots, Banana, Low fat milk

18 Roasted Turkey Breast, Gravy, Cranberry Sauce, WG Herbed Bread Stuffing, Fresh Baked Sweet Potato, Mesclun Salad Mix, Italian Drsg., Yogurt w/Berries, Low fat milk, Orange juice

21 Baked Fish, Tartar Sauce or Quiche, Sauce, WG Roll, Mixed Vegetable Blend, Broccoli Salad, Cinnamon Applesauce, Low fat milk, Corn Chowder

22 Chicken Milanese, Sauce, WG Linguine, Cauliflower & Zucchini, Caesar Salad, Romaine, Croutons, Parmesan, Caesar Drsg., Mango & Pineapple, Low fat milk

23 Turkey Pot Pie, Sauce, Warm Biscuit, Vegetable in Entrée, Mixed Salad Greens, Ranch Drsg., Lemon Pudding, Low fat milk, Orange juice

24 Asian Beef Stir Fry, Sauce, Brown Rice, Mixed Asian Veggies, Beet Salad, Mandarin Oranges, Ginger Poached Pear, Low fat milk, Egg Drop Soup or Hot & Sour

25 SW Chicken Shredded, Sauce, Warm Corn Tortilla, Pinto Beans, Shredded Cabbage w/Tomato, Cilantro Drsg., Banana, Low fat milk, Albondigas Soup

28 Turkey Vegetable Stir Fry, Ginger Sauce, Jasmine Brown Rice, Vegetable in Entrée, Carrot/Bell Pepper Salad, Orange, Low fat milk

29 Baked Fish w/Lemon Dijon Sauce, WG Roll, Herbed Roasted Red Potatoes, Coleslaw, Banana, Low fat milk, Navy Bean Soup

30 Beef Enchilada Casserole, Cheese, Sauce, Corn Tortilla, Green Beans with Mushrooms & Herbs, Mesclun Salad Mix, Cilantro Drsg., Fruit Cup, Low fat milk



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Laura Trejo, General Manager