

2020	November			Southwestern & West Adams
<b>2</b> Baked Fish, Tartar Sauce, Whole Grain Roll, Mixed Vegetables Blend, Broccoli Salad, Cinnamon Apple sauce, Low fat milk	<b>3</b> Chicken Milanese, Sauce, WG Linguine, Cauliflower & Zucchini, Caesar Salad, Croutons, Parmesan, Caesar Drsg. Strawberries, Low fat milk	<b>4</b> Turkey Pot Pie, Sauce, Warm Biscuit, Vegetables, Mixed Salad Greens, Ranch Drsg., Lemon Pudding, Low fat milk, Orange juices	<b>5</b> Asian Beef Stir Fry, Sauce, Brown Rice, Mixed Asian Vegetable, Beet Salad w/Mandarin Oranges, Ginger Poached Pear, Low fat milk	<b>6</b> Southwest Shredded Chicken, Sauce, Warm Corn Tortilla, Pinto Beans, Shredded Cabbage w/ Tomato, Cilantro Drsg., Banana, Low fat milk
<b>9</b> Turkey Vegetable Stir Fry, Ginger Sauce, Jasmine Brown Rice, Carrot & Bell Pepper Salad, Orange, Low fat milk	<b>10</b> Baked Fish w/ Lemon Dijon Sauce, Whole Grain Roll, Herbed Potato Salad, Red & Green Coleslaw, Banana, Low fat milk	<b>11</b> Beef Enchilada Casserole, Jack Cheese, Sauce, Corn Tortilla, Green Bean with Mushrooms & Herbs, Mesclun Salad Mix, Cilantro Drsg., Fruit Cup, Low fat milk	<b>12</b> Tandoori Chicken, Sauce, Pita Bread, Brown Rice, Ginger Carrots, Mixed Salad Greens, Ranch Drsg., Cantaloupe, Low fat milk	<b>13</b> Spaghetti with Meatballs, WG Pasta, Sauce, Broccoli, Caesar Salad, Croutons, Parmesan Drsg., Oatmeal Cookies, Low fat milk
<b>16</b> Chicken Dijon, WG Roll, Rosemary Roasted Potatoes, Chopped Mixed Salad, Ranch Drsg., Fresh or Unsweetened Canned Peach, Low fat milk	<b>17</b> Garlic Chicken, Sauce, WG Roll, Green Beans w/ Cauliflower, Tossed Salad w/Tomato, Radish, Italian Drsg., Oatmeal Cookie, Low fat milk, Orange juice	<b>18</b> Stuffed Bell Pepper-Ground Turkey, Sauce, WG Roll, Whipped Sweet Potato, Romaine Salad, 1000 Island Drsg., Red Gelatin, Low fat milk, Orange juice	<b>19</b> Baked Fish w/Cilantro Pesto Sauce, Vegetable Barley Pilaf w/Parsley, Sautéed Spinach w/Garlic, Coleslaw, Fresh Fruit Cup, Low fat milk	<b>20</b> Cashew Chicken Breast, Sauce, Jasmine Brown Rice, Green Beans w/Mushrooms & Herbs, Beet Salad w/ Mandarin Oranges, Apple w/Granola, Low fat milk
<b>23</b> Beef Fajita w/ Peppers & Onions, Warm Flour Tortilla, Spanish Rice, Pinto Beans, Mesclun Mix Salad, Cilantro Drsg., Cantaloupe or Orange, Low fat milk	<b>24</b> Garlic Chicken, Sauce, WG Roll, Green Beans w/Cauliflower, Tossed Salad w/Tomato Radish, Italian Drsg., Oatmeal Cookie, Low fat milk	<b>25</b> Turkey Breast, Gravy, Cranberry Sauce Cornbread Stuffing, WG Roll, Green Beans w/ Almonds or Asparagus, Tossed Green Salad, Blue Cheese Drsg., Pumpkin Pie, Low fat milk, Orange juice		
<b>30</b> BBQ Chicken, Sauce, Cornbread, Butternut Squash or Sweet Potato, Coleslaw Chocolate Pudding, Low fat milk				

Funded By:  
 City of Los Angeles  
 Eric Garcetti, Mayor, City of Los Angeles

Sponsored By:  
 Watts Labor Community Action Committee  
 Timothy Watkins Sr., President & C.E.O.

City of Los Angeles  
 Department of Aging  
 Laura Trejo, General Manager