

HUMAN SERVICES ASSOCIATION “Where Caring Becomes Doing” ✂ SENIOR DINING CENTER OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00		1 BEFF STEW WG Dinner Roll Carrots Creamy Cucumber Salad Orange Fruited Vanilla Yogurt	2 CHICKEN MARSALA w/MUSHROOM & WHITE WINE SAUCE WG Penne Pasta Peas Marinated Beet Salad Kiwi	3 <i>Health Faire</i> Orange Juice EGG SALAD WG BREAD Lettuce & Tomato Carrot Raisin Salad Fruit
6 Cream Of Mushroom BBQ HAMBURGER WG Bun Broccoli Baked Beans Melon	7 CREAMY CILANTRO BAKED FISH Biscuits WG Penne Pasta Brussel Sprouts Spinach & Kale Salad Peach or Plum	8 Chicken Tortilla Soup TURKEY & CRANBERRY SALAD WG Bread Garden Salad w/Vinaigrette Coleslaw Banana	9 ROAST BEEF w/GRAVY WG Bread Mashed Sweet Potatoes Collard Greens Mandarin Orange Green Gelatin	10 HERB CHICKEN WG Spiral Pasta w/Creamy Green Sauce Cauliflower Marinated Cucumber, tomato Salad Waldorf Salad
13 ALL HSA SITES CLOSED OBSERVANCE 	14 SPAGHETTI w/MEATBALLS Sourdough Bread WG Spaghetti Broccoli Romaine Cesar Salad w/Crouton Banana	15 CHICKEN ENCHILADA CASSEROLE WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange Sherbet	16 <i>Happy October Birthdays!</i> Cabbage & Tomato Soup LEMON PEPPER FISH WG Roll Corn Green Beans Kiwi 	17 PORK LOIN w/BLACK PEPPERCORN SAUCE WG Bread Stuffing Sweet Potato Beet & Onions Salad Tangerine
20 Northern Bean Soup BEEF CHILI MAC WG Spiral Pasta Peas & Onions Chopped Spinach & Kale Salad Pear	21 <i>Choice of Entrée</i> HERB BAKED FISH w/DILL SAUCE OR ROAST PORK w/MUSTARD SAUCE WG Bread Steamed Cabbage Waldorf Salad/Cookie	22 Butternut Squash Soup TURKEY A LA KING Biscuits WG Pasta Cauliflower Marinated Beet Salad w/Onions Fresh Fruit	23 MEATLOAF w/RED SAUCE WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish	24 CHICKEN MOLE Tortilla Spanish Brown Rice Pinto Beans Carrots w/Jicama Salad w/Lime Vinaigrette Kiwi
27 Beef Barley Soup STUFFED BELL PEPPER WG Roll Mashed Potato Green Beans Applesauce	28 BEEF PICADO Flour Tortilla Brown Spanish Rice Black Beans Chopped Romaine Salad Mandarin Oranges w/Jicama	29 Fideo Soup TUNA SALAD WG Bread Potato Salad Garden Salad Cantaloupe	30 OVEN BAKED CHICKEN WG Cornbread Stuffing Cauliflower Carrot & Raisin Salad Peach Red Gelatin w/Fruit	31 <i>!POLISH SAUSAGE!</i> Sauerkraut German Potato Salad Beet & Onion Salad Orange/ WG Bread German Chocolate Cake 

ALL MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. !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**