

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS &amp; OLDER \$3.00 FEE FOR NON-SENIORS \$7.00</b>	<b>JANUARY</b>		<b>1 ALL SITES CLOSED</b> 	<b>2 CHICKEN PASTA w/CREAMY GREEN SAUCE</b> WG Spiral Pasta Cauliflower Marinated Cucumber, Tomato Salad Waldorf Salad
5 Turkey Rice Soup <b>TUNA SANDWICH</b> WG Bread Carrot Pineapple Slaw Shredded Brussel Sprouts & Cabbage Salad Applesauce	6 <b>SPAGHETTI w/MEATBALLS</b> Sourdough Bread WG Spaghetti Broccoli Romaine Cesar Salad w/Crouton/Banana	7 <b>CHICKEN ENCHILADA CASSEROLE</b> WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange/Sherbet	8 <i>Happy January Birthdays!</i> Cabbage & Tomato Soup <b>LEMON PEPPER FISH</b> WG Roll Corn Green Beans Kiwi/ "Cake" 	9 <b>PORK LOIN w/BLACK PEPPERCORN SAUCE</b> WG Bread Stuffing Sweet Potato Beet & Onion Salad Tangerine
12 Northern Bean Soup <b>BEEF CHILI MAC</b> WG Spiral Pasta Peas & Corn Chopped Spinach & Kale w/Red Onions Salad Pear	13 <i>Choice of Entrée</i> <b>HERB BAKED FISH</b> w/DILL SAUCE OR ROAST <b>PORK w/MUSTARD SAUCE</b> WG Bread Couscous/Steamed Cabbage Waldorf Salad Cookie	14 Butternut Squash Soup <b>TURKEY A LA KING</b> Biscuit WG Pasta Cauliflower Marinated Beet Salad w/Onions Peach	15 <b>MEATLOAF w/RED SAUCE</b> WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish	16 <b>MLK Luncheon</b> <b>BAKED CHICKEN (L&amp;T)</b> Cornbread Macaroni & Cheese Southern Collard Greens Tossed Green Salad w/Cucumber Orange Banana Pudding w/Wafers
19 <b>ALL SITES CLOSED</b>  <b>Martin Luther King Day</b>	20 <b>BEEF PICADO</b> Flour Tortilla Brown Spanish Rice Black Beans Chopped Romaine Salad Mandarin Oranges w/Jicama	21 Fideo Soup <b>FISH VERA CRUZ</b> Barley Pilaf Fiesta Corn Garden Salad w/Shredded Purple Cabbage Garnish Cantaloupe	22 <b>OVEN BAKED CHICKEN</b> WG Cornbread Stuffing Cauliflower Carrots & Raisin Salad Peach	23 Minestrone Soup <b>MEATBALL SANDWICH</b> WG Deli Roll Broccoli Chopped Spinach & Kale Salad, Ranch dressing & Red Onions Banana
26 <b>BEEF LASAGNA</b> WG Roll Cauliflower Cesar Salad w/CROUTONS Applesauce Cream Sandwich Cookie	27 Cream of Broccoli Soup <b>SHEPHERD'S PIE</b> WG Bread Green Beans/Mashed Potato Chopped Kale & Spinach w/Shredded Carrots Garnish Salad/Pear	28 Tomato Soup <b>LEMON DIJON CHICKEN</b> Barley w/Parsley Brussel Sprouts Chopped Salad Tropical Fruit	29 <b>BEEF w/GREEN ONION STIR FRY</b> Brown Rice Asian Vegetables Garden Salad w/Red Onions Garnish Pineapple & Mango	30 <b>BBQ CHICKEN</b> WG Roll Collard Greens Black Eye Peas Orange

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