

HUMAN SERVICES ASSOCIATION “Where Caring Becomes Doing” ❄️ SENIOR DINING CENTER JANUARY 2026

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