




# March 2010

# WISE & Healthy Aging "Healthy Lunches Program"

Lunches catered by :  
**Integrated Support Solutions Inc. (ISSI)**  
1-818-947-2792

We welcome your comments and suggestions.  
Larry Cantrell - Chef

Funded in part through Title III of the Older Americans Act of 1965, as amended by the L.A. County Area Agency on Aging. Saturday lunches are served at the Senior Recreation Center only, from 11:00AM - 12:00PM. Virginia Avenue Park is Thursdays only!!

	Mon	Tue	Wed	Thu	Fri	Sat
Menu subject to change without notice. Suggested donation \$2.50 for seniors 60+ Call between 10:30 AM-12:30 PM one weekday in advance for reservations. Saturday lunches must be reserved on Thursday.	<b>1</b> <i>Chicken of the Islands &amp; Brown Rice/California Blend Vegetables Tossed Salad w/1000 Island Dressing Seasonal Fruit Orange Juice</i>	<b>2</b> <i>Garden Veggie Soup/ Beef Stew Whole Grain Roll Carrots Potatoes, Peas &amp; Onions Pineapple Mandarin Orange Cup</i>	<b>3</b> <i>Herbed Baked Chicken Corn Bread Stuffing Sweet Potato Creamy Coleslaw Trans Fat Free Spice Cake</i>	<b>4</b> <i>Mexican Casserole w/Ground Beef, Cream and Noodles Whole Grain Roll Mixed Veggies Romaine Salad w/ Italian Dressing Cantaloupe</i>	<b>5</b> <i>Navy Bean Soup Baked Fish or Polish Turkey Sausage Whole Wheat Bread Carrots Browned Potatoes Fresh Orange</i>	<b>6</b> <i>Apple Juice Tuna Salad Sandwich on Whole Wheat Marinated Cucumber Salad Oatmeal Cookie</i>
	<b>8</b> <i>Chili Mac w/ Ground Beef Whole Grain Roll Normandy Vegetables Tossed Salad w/ 1000 Is. Dressing Orange or Tangerine</i>	<b>9</b> <i>Chicken Stir Fry/ Steamed Brown Rice Carrots, Snow Peas, Celery &amp; Onion (in entrée) Pineapple Coleslaw Banana</i>	<b>10</b> <i>Tuna Noodle Casserole White Bread Creamed Spinach Broccoli &amp; Raisin Salad Coconut pudding (trans fat free)</i>	<b>11</b> <i>Orange Juice Beef Enchilada w/cheese Spanish Rice Cabbage Apple Nut Salad w/French Dressing Carrot Cake (trans fat free)</i>	<b>12</b> <i>Herbed Fish or Cranberry Chicken Whole Grain Roll Mashed Potato Spinach Salad w/ Mandarin Oranges Seasonal Fruit</i>	<b>13</b> <i>OJ SubSandwich w/ Beef &amp; Ham (high sodium), Lettuce, Tomato/ Marinated Beans, Carrots &amp; Onions Oatmeal Cookies</i>
	<b>15</b> <i>Vegetable Beef Soup Chinese Chicken Stir Fry with Low Sodium Soy Sauce White Rice Whole Grain Roll California Blend Melon</i>	<b>16</b> <i>Beef w/ Chimichuri (special herb blend) Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake (trans fat free)</i>	<b>17</b> <i>Chicken Rice Soup Spinach Quiche Whole Wheat Bread Green Peas &amp; Red Peppers Citrus Fruit</i>	<b>18</b> <i>Minestrone Soup BBQ Chicken Corn Bread Oven Browned Potatoes Steamed Cabbage and Carrots Fresh Orange</i>	<b>19</b> <i>Orange Juice Citrus Baked Fish or Turkey Bean Chili Brown Rice Whole Grain Roll Seasoned Spinach Romaine Salad w/Italian Dressing Oatmeal Cookie</i>	<b>20</b> <i>Pineapple Juice Turkey &amp; Swiss Cheese Sandwich on Whole Wheat Macaroni Salad Coleslaw Seasonal Fruit</i>
	<b>22</b> <i>Beef Burrito Flour Tortilla Spanish Rice Cut Corn Spinach Salad w/Mandarin Oranges Banana</i>	<b>23</b> <i>Tomato Soup Chicken Paprika w/sauce Barley Pilaf Mixed Vegetables Cantaloupe</i>	<b>24</b> <i>Slip Pea Soup Beef Meatloaf w/Gravy Whole Grain Roll Mashed Potato California Blend Vegetables Rice Pudding (trans fat free)</i>	<b>25</b> <i>Roja Salsa Pork Whole Grain Roll Coleslaw Baked Beans Trans Fat Free White/Yellow Cake</i>	<b>26</b> <i>Fish Vera Cruz or Sweet &amp; Sour Pork Brown Rice Carrots Garden Salad w/Ranch Dressing Fresh Orange</i>	<b>27</b> <i>Apple Juice Tuna Salad Sandwich/ WW Bread, Lettuce, Tomato Marinated Vegetables Oatmeal Cookies</i>
	<b>29</b> <i>Vegetable Soup Spaghetti Bolognese Roll w/Garlic Spread Green Beans Fresh Orange</i>	<b>30</b> <i>Roast Turkey with Gravy Corn Bread Stuffing Spinach Cranberry Gelatin Salad Honeydew and Cantaloupe</i>	<b>31</b> <i>Orange Juice Salisbury Steak with Gravy Whole Grain Roll Mashed Potato Carrot Raisin Salad Vanilla Pudding (trans fat free)</i>	<b>Low fat &amp; No fat milk is available with every lunch.</b> 	<div style="border: 2px dotted black; padding: 5px;"> <p><b>Senior Recreation Ctr.:</b> 1450 Ocean Ave. 310 458-2219</p> <p><b>Ken Edwards Ctr.:</b> 1527 4th St. 310 395-8478</p> <p><b>Reed Park:</b> 7th Street &amp; Wilshire Blvd. 310 458-8315</p> <p>Virginia Ave. Park: 310-452-7802</p> </div>	