

Week of January 1st—6th



Monday, January 2nd

Cream of Celery Soup
Ortega Chili Quiche & Brown Rice
Zucchini and Tomatoes
Tossed Green Salad
Wedge of Cantaloupe

Tuesday, January 3rd

Tomato Bisque Soup
Turkey Meatloaf with Mushroom Gravy
Fresh Baked Yam
Fiesta Green Beans
Marinated Cucumber Tomato Salad
Fresh Bunch of Grapes

Wednesday, January 4th

Yankee Pot Roast with Red Potatoes
Creamed Spinach
Romaine Lettuce Tomato Salad
Fresh Orange

Thursday, January 5th

Navy Bean Soup
Chicken Primavera & Noodles
Mixed Vegetables
Coleslaw
Ice Cream Cup

Friday, January 6th

Fish or Pork Chop
Baked Potato Sour Cream & Chives
Steamed Broccoli
Garden Salad
Fresh Apple

Week of January 7th-12th

Saturday, January 7th

Turkey Divan with Brown Rice
Peas and Carrots
Coleslaw
Canned Apricots

Sunday, January 8th

Pork Riblet Sandwich
Macaroni Salad
Succotash
Tossed Green Salad
Sliced Cantaloupe

Monday, January 9th

Steak Piccata
Buttered Noodles
Harvard Beets
Coleslaw
Tapioca Pudding

Tuesday, January 10th

Pork Broccoli Stir Fry
Barley Pilaf
Peas & Pearl Onions
Marinated Cucumber Tomato Salad
Fresh Cluster of Grapes

Wednesday, January 11th

Albondigas Soup
Super Chicken Burrito
Mex Corn
Caesar Salad
Wedge of Cantaloupe

Thursday, January 12th

Roast Pork
Bread Dressing
Red Potatoes
Broccoli Raisin Sunflower Seed Salad
Cinnamon Apple Sauce

Week of January 13th-18th

Friday, January 13th

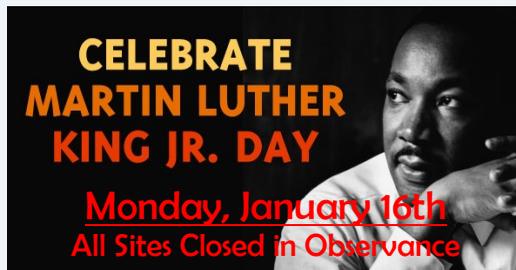
Fish or Spinach Quiche
Brown Rice and Winter Squash
Tossed Salad
Fresh Strawberries

Saturday, January 14th

Beef and Vegetable Stew
Biscuit
Spinach Mandarin Orange Salad
Banana

Sunday, January 15th

Turkey with Gravy
Baked Yam
Peas
Cucumber Tomato Onion Salad
Cup of Juicy Pears



Tuesday, January 17th

Southwest Chili with Corn Bread
Carrots & Corn
Garden Salad
Flavored Yogurt

Wednesday, January 18th

Beef Vegetable Soup & Garlic Bread
Meat Lasagna
Steamed Broccoli
Tossed Green Salad
Cluster of Fresh Grapes

Week of January 19th-24th

Thursday, January 19th

Corn Chowder Soup
Oven Fried Chicken
Baked Yam
Cauliflower with Pimentos
Cucumber Tomato Onion Salad
Cup of Juicy Peaches

Friday, January 20th

Option 1: Grilled King Fish Taco or
Option 2: Meatloaf with Creole Sauce
Confetti Rice
Mixed Vegetables
Coleslaw
Chocolate Pudding

Saturday, January 21st

Turkey Rice Casserole
Brussels Sprouts
Romaine Lettuce with Tomato Salad
Wedge of Fresh Cantaloupe

Sunday, January 22nd

Spinach Quiche and Brown Rice
Broccoli & Cauliflower
Caesar Salad
Ranger Cookies

Monday, January 23rd

Country Fried Steak with Gravy
Mashed Potatoes
Creamed Spinach
Tossed Green Salad
Wedge of Cantaloupe

Tuesday, January 24th

Ginger Squash Soup
Asian Chicken Salad & Crispy Noodles
Orange Carrot Salad
Fresh Banana

Week of January 25th -31st

Wednesday, January 25th

Cream of Tomato Soup
Thyme Pork Chop with Gravy & Corn
Fresh Baked Yam
Tossed Green Salad
Fresh Orange

Thursday, January 26th

Stuffed Bell Pepper
Mashed Potatoes
Peas with Pimentos
Coleslaw
Cup of Juicy Apricots

Friday, January 27th

Spanish Bean Soup
Fish or Chicken Picatta & Barley Pilaf
Brussels Sprouts
Marinated Three Bean Salad
Wedge of Cantaloupe

Saturday, January 28th

Sweet and Sour Pork & Brown Rice
Baked Winter Squash and Coleslaw
Fresh Banana

Sunday, January 29th

Cranberry Chicken and Noodles
Peas & Corn
Caesar Salad
Cup of Mandarin Oranges

Monday, January 30th

Pork and Vegetable Stew with Biscuit
Coleslaw
Sweet Juicy Grapes

Tuesday, January 31st

Enchilada Pie
Spanish Rice & Frijoles (Beans)
Marinated Tomato Bell Pepper Salad
Applesauce

NEW YEAR RECIPE



APPLE DELIGHT DESSERT

- 1 pound cut Granny Smith Apples
- 1 cup bread crumbs
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 3/4 cup packed brown sugar
- 1/2 cup butter or margarine, melted
- 1/4 cup finely chopped walnuts

Directions

- 1.Coat CROCK-POT® slow cooker with nonstick cooking spray. Place apples in bottom.
- 2.Combine bread crumbs, cinnamon, nutmeg, salt, brown sugar, butter and walnuts. Spread over apples.
- 3.Cover; cook on LOW 3 to 4 hours or on HIGH 2 hours. Cool and Serve.



Community Services and Parks Department

Serving Meals at Three Locations:

- **Adult Recreation Center/Central Park Complex**

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

- **Sparr Heights Community Center**

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday- Friday

- **Pacific Park Community Center**

501 S Pacific Ave

Glendale Ca 91204

818 548 3775

Lunch Served: Monday, Wednesday & Friday

Please remember to reserve or cancel your meal at least one day in advance. Menu is subject to change without notice.

Community Services and Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please notify us of your needs at the time of reservation.

Happy New Year



Senior Cafe

January 2017



City of Glendale
Community Services & Parks

Telephone Reservations or
Cancellations call
Adult Recreation Center at
(818) 548-3775