

Week of August 26th-31st

Sunday, August 26th

BBQ Hot Beef Sandwich
Potato Wedges
Tomato Bell Pepper Onion Salad
Bunch of Grapes

Monday, August 27th

Vegetable Noodle Soup
Turkey Meatloaf with Creole Sauce
Baked Yam
Harvard Beets and Onions
Sliced Cantaloupe

Tuesday, August 28th

Yankee Pot Roast & Mashed Potatoes
Winter Squash
Garden Salad
Citrus Fruit Cup

Wednesday, August 29th

Albondigas Soup
Chicken Enchilada Verde
Spanish Rice and Black Beans
Tomato/Bell Peppers/Onion Salad
Fresh Plump Grapes

Thursday, August 30th

Pork Chop Suey with Asian Vegetables
Chinese Noodles
Garnish with Crispy Noodles
Shredded Chinese Cabbage
Ice Cream Cup

Friday, August 31st

Cream of Tomato Soup
Fish or Armenian Chicken
Barley Pilaf
Creamed Spinach
Baby Greens Salad
Fresh Strawberries



Easy Chicken Casserole

What You'll Need:

- 1 can cream of chicken soup
- 1 cup sour cream
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 cooked and cut chicken breasts chunks
- 1 1/2 cups frozen mixed vegetables
- 1 cup sliced potatoes
- 1 cup shredded Cheddar cheese

What To Do:

Preheat oven to 375 degrees F. Coat a baking dish with cooking spray. In a large bowl, combine soup, sour cream, poultry seasoning, salt, and pepper; mix well. Stir in chicken and mixed vegetables.

Spread mixture evenly in baking dish. Place potatoes on top. Bake 45 minutes, then top with cheese and bake 5 additional minutes, or until cheese is melted.

Enjoy!

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

Senior Meals Program Menu



August 2018



Telephone Reservations or
Cancellations call:
Adult Recreation Center
818 548-3775

Week of August 1st-6th

Wednesday, August 1st

Corn Chowder Soup
Tuna Salad
Broccoli Slaw
Carrot and Raisin Salad
Cubed Honey Dew & Cantaloupe Cup

Thursday, August 2nd

Carne Asada
Mexican Rice and Black Beans
Romaine Lettuce Cucumber Salad
Rice Raisin Cinnamon Pudding

Friday, August 3rd

Tilapia with Creole Sauce or
Vegetarian Lasagna
Yam
Mixed Vegetables
Coleslaw
Banana

Saturday, August 4th

Teriyaki Chicken and Brown Rice
Brussels Sprouts with Garlic Butter
Garden Salad
Cup Fruit Cocktail

Sunday, August 5th

Pork Riblet and Rice Pilaf
Corn with Lima Beans Succotash
Marinated Beets with Onion Salad
Fresh Orange

Monday, August 6th

Lentil and Kale Soup
Pepper Steak
Winter Squash
Creamy Coleslaw
Cup of Juicy Apricots

Week of August 7th-13th

Tuesday, August 7th

Orange Ginger Chicken with Rice Pilaf
Green Beans
Tossed Green Salad
Sliced Cantaloupe

Wednesday, August 8th

Spinach Quiche
Red Roasted Potatoes
Broccoli and Cauliflower
Lemon Pudding

Thursday, August 9th

Super Chicken Burrito
Peas and Mushrooms
Cucumber Tomato Onion Salad
Fresh Orange

Friday August 10th

Fish with Lemon Sauce or Roast Beef
Baked Yam
Summer Squash
Tomato Onion Peppers Salad
A Bunch of Grapes

Saturday, August 11th

Sweet Sour Pork & Brown Rice
Carrots
Broccoli Slaw
Banana

Sunday, August 12th

Country Fried Steak with Gravy
Mashed Potatoes
Marinated Three Bean Salad
Fresh Mango Sections in Juice

Monday, August 13th

Vegetable Soup
Marsala Chicken with Brown Rice
Italian Zucchini and Tomatoes
Garden Salad
Sliced Cantaloupe

Week of August 14th-19th

Tuesday, August 14th

Beef Lasagna and Garlic Bread
Winter Squash
Caesar Salad
Fresh Orange

Wednesday, August 15th

Vegetable Rice Soup
Cold Pork Sandwich on a Bun
Carrot Raisin Salad
Coleslaw
Applesauce

Thursday, August 16th

“Hawaiian Summer Luau”
Hawaiian Chicken
Seasoned Steamed Jasmine Rice
Almandine Green Beans
Fresh Mixed Garden Greens
Pineapple Upside Down Cake

Friday, August 17th

Fish Taco or Egg Puff
Barley Pilaf
Brussels Sprouts with Butter Sauce
Cucumber Tomato Onion Salad
Pumpkin
Cake

Saturday, August 18th

Salisbury Steak
Baked Potato with Sour Cream Chives
Peas and Mushrooms
Marinated Beet and Onion Salad
Strawberries

Sunday, August 19th

Chicken with Vegetables
Wild Rice
Spinach Mandarin Orange Salad
Blueberry Yogurt

Week of August 20th-25th

Monday, August 20th

Beef Stir Fry
Seasoned Noodles
Cauliflower
Tossed Green Salad
Almond Cookies

Tuesday, August 21st

Cream of Celery Soup
Waldorf Chicken Salad
Carrot Pineapple Salad

Wednesday, August 22nd

Luleh Kebab
Barley
Green Beans
Persian Cucumber Salad
Kiwi Sections

Thursday, August 23rd

Butternut Soup
Turkey ala King and Biscuit
Corn
Broccoli Slaw
Cup Juicy Pears

Friday, August 24th

Fish with Dill Sauce or Ortega Quiche
Baked Yam
Peas and Onions
Romaine Lettuce with Mushroom Salad
Banana

Saturday, August 25th

Pork with Gravy
Brown Rice
Steamed Spinach
Coleslaw
Apple sauce with Cinnamon