

Week of September 25th-30th

Tuesday, September 25th

Butternut Squash Soup
Waldorf Chef's Salad
Carrot Pineapple Salad
Wedge of Cantaloupe

Wednesday, September 26th

Luleh Kebab with Barley Pilaf
Green Beans
Persian Cucumber Salad
Pita Bread
Fresh Strawberries

Thursday, September 27th

Cream of Mushroom Soup
Turkey Ala King with Flakey Biscuit
Corn
Broccoli Slaw
Cup of Juicy Pears

Friday, September 28th

Fish or Ortega Chili Quiche
Baked Fresh Yam
Peas and Carrots
Romaine Lettuce Mushroom Salad
Banana

Saturday, September 29th

Pork with Gravy and Brown Rice
Steamed Spinach
Coleslaw w/ Pineapple
Apple Sauce

Sunday, September 30th

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

GREEN BEAN CASSEROLE



INGREDIENTS

1 1/2 lb. green beans
1 tbsp. extra-virgin olive oil
1 tbsp. margarine or butter
1/4 large sweet onion
salt
Pepper
2 package cremini mushrooms
2 tbsp. all-purpose flour
1 c. milk
1 tsp. chopped fresh thyme leaves
1 pinch cayenne (ground red) pepper
1/4 c. crunchy fried onions (optional)

DIRECTIONS

Heat large saucepot salted water to boiling. Add green beans; cook 5 to 10 minutes or until crisp-tender. Drain well and transfer to serving dish.

Meanwhile, in 12-inch skillet, heat oil and margarine on medium until margarine melts. Add onion, 1/8 teaspoon salt, and pinch freshly ground black pepper. Cook 6 minutes.

Stir in mushrooms and 1/4 teaspoon salt and cook until tender and juices have released and begun to evaporate, stirring occasionally.

Add flour and cook 2 minutes, stirring, then add milk in slow, steady stream, stirring. Heat to boiling and cook 2 to 5 minutes or until thickened, stirring frequently. Stir in thyme, cayenne, and pinch salt. Spoon over green beans and top with onions if desired.

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

- **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.



Senior Café

September 2018



**City of Glendale
Community Services & Parks**

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

Week of September 1st-6th

Saturday, September 1st

Shepherd Beef and Vegetable Pie
Three Bean Salad
Fresh Orange

Sunday, September 2nd

Turkey Tetrazzini
Spaghetti
Summer Squash
Coleslaw
Banana

Monday, September 3rd

ALL THREE SITES CLOSED
IN OBSERVANCE OF LABOR DAY

Tuesday, September 4th

Lentil Soup
Turkey Cacciatore
Rigatoni
Peas and Onions
Cucumber Tomato Onion Salad
Fresh Strawberries

Wednesday September 5th

Corn Chowder Soup
Salmon Croquettes with Dill Sauce
Fresh Baked Yam
Steamed Broccoli
Steamed Broccoli
Carrot and Raisin Salad
HoneyDew Melon Cantaloupe

Thursday, September 6th

Carne Asada
Refried Beans
Butternut Squash
Romaine Lettuce Salad
Rice Pudding

Week of September 7th-12th

Friday, September 7th

Fish or Vegetarian Lasagna
Baked Fresh Yam
Mixed Vegetables
Coleslaw
Banana

Saturday, September 8th

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

Sunday, September 9th

Pork Riblet
Rice Pilaf
Baked Yam
Marinated Beets Onion Salad
Fresh Orange

Monday, September 10th

Vegetable Soup
The Senior Cafe's Own Turkey Burger
Skin on Potato Wedges
Corn on the Cub
Sweet Water Melon

Tuesday, September 11th

Orange Ginger Chicken
Rice Pilaf
Green Beans
Marinated Beets Onion Salad
Wedge of Cantaloupe

Wednesday, September 12th

Spinach Quiche
Red Roasted Potatoes
Broccoli Cauliflower
Tossed Green Salad
Velvety Lemon Pudding

Week of September 13th-18th

Thursday, September 13th

Chicken Tortilla Soup
Israel's Super Chicken Burrito
Peas and Mushrooms
Marinated Cucumber Salad
Fresh Orange

Friday, September 14th

Lemon Dill Fish or Roast Beef
Fresh Baked Yam
Tomato Onion Bell Pepper Salad
Fresh Plump Grapes

Saturday, September 15th

Sweet and Sour Pork
Brown Rice
Carrots
Broccoli Slaw
Fresh Banana

Sunday, September 16th

Tomato Soup
Country Fried Steak
Mashed Potatoes
Marinated Three Bean Salad
Fresh Chunks of Mango

Monday, September 17th

Curry Chicken with Brown Rice
Zucchini with Seasoned Tomatoes
Garden Salad
Cantaloupe

Tuesday, September 18th

Split Pea Soup
Chicken Salad
Salad Fixings
Lime Gelatin with Sliced Pears
Wedge of Cantaloupe

Week of September 19th-23rd

Wednesday, September 19th

Vegetable Rice Soup
DeLuxe Cold Pork Sandwich
Carrot Raisin Salad
Creamy Coleslaw
Apple Sauce

Thursday, September 20th

**"COUNTRY WESTERN
CELEBRATION"**

Hot BBQ Beef on a Bun
Skin-On Potato Wedges
Tomato Onion Bell Pepper Salad
Velvety Ambrosia

Friday, September 21st

Fish Taco or Egg Puff
Rice Pilaf
Brussels Sprouts with Garlic Butter
Cucumber Salad
Pumpkin Cake

Saturday, September 22nd

Salisbury Steak and Potato Wedges
Peas and Mushrooms
Marinated Beets Onion Salad
Strawberries

Sunday, September 23rd

Chicken with Vegetables
Wild Rice
Spinach with Mandarin Orange Salad
Blueberry Yogurt

Monday, September 24th

Beef Broccoli Stir Fry with Noodles
Cauliflower
Tossed Green Salad
Almond Cookies