

Week of March 1st-6th

Sunday, March 1st

Navy Bean Kale Carrot Soup
Chicken Teriyaki with Parsley Noodles
Brussels Sprouts
Romaine Lettuce Tomato
Mushroom Salad
Cantaloupe

Monday, March 2nd

Split Pea Soup
Thyme Pork Chop and Red Potato Wedges
Carrot Coins
Spinach Mandarin Orange Salad
Pineapple Mango

Tuesday, March 3rd

Beef Broccoli Stir Fry with Noodles
Winter Squash
Caesar Salad Romaine Lettuce & Tomatoes
Peach Oatmeal Cobbler

Wednesday, March 4th

Chicken Marsala and Brown Rice
Fresh Baked Yam
Garden Salad
Canned Pears

Thursday, March 5th

Pot Roast and Mashed Potatoes
Peas and Onions
Marinated Beet Salad
Cantaloupe

Friday, March 6th

Tilapia Fish or Vegetarian Lasagna
Green Beans
Coleslaw
Banana

Week of March 7th-12th

Saturday, March 7th

Herb Roasted Chicken and Rice Pilaf
Cauliflower and Herbs
Mixed Green Salad
Grapes

Sunday, March 8th

"Day Light Saving Time Begins"

Tomato Soup
Country Fried Steak with Broccoli
Marinated Three Bean Salad
Mango

Monday, March 9th

Clam Chowder
Turkey Cacciatore and Twisted Pasta
Brussels Sprouts in Garlic Butter Sauce
Cucumber Tomato Onion Salad
Fresh Strawberries and Kiwi

Tuesday, March 10th

Vegetable Soup
Super Grande Burrito
Corn
Creamy Coleslaw
Grapes

Wednesday, March 11th

Vegetable Soup
Liver and Onions or Beef Patty
Mixed Vegetables & Tossed Green Salad
Orange

Thursday, March 12th

Sweet and Sour Pork
Noodles
Winter Squash
Broccoli Slaw
Banana

Week of March 13th-18th

Friday, March 13th

Tomato Bisque Soup
Fish in Lemon Sauce or Armenian Chicken
Barley Pilaf
Creamed Spinach
Baby Salad Greens
Cantaloupe

Saturday, March 14th

BBQ Hot Beef Sandwich with Potato Wedge
Succotash
Tomato Onion Bell Pepper
Pineapple and Mango

Sunday, March 15th

Pork Chop and Brown Rice
Butternut Squash
Tossed Green Salad
Apple Crisp with Oatmeal

Monday, March 16th

Lentil Soup
Salmon Croquettes and Yam
Steamed Broccoli
Marinated Harvard Beets
Apple

Tuesday, March 17th

St Patrick's Day Celebration
Corned Beef and Braised Cabbage
Boiled Red Potatoes with Parsley
Carrot Pineapple Salad
St. Patrick's Day Cake
(High Sodium)

Wednesday March 18th

Vegetable Soup
Cold Pork Sandwich and Coleslaw
Macaroni Salad
Cantaloupe

Week of March 19th-24th

Thursday, March 19th

Chicken Primavera
Barley with Herbs
Peas and Onions
Persian Cucumber Tomato Onion Parsley
Salad
Strawberries

Friday, March 20th

Fish Taco or
Egg Puff with Rice Pilaf
Green Beans
Caesar Salad
Citrus Cup

Saturday, March 21st

Turkey Ala King
Zucchini and Yellow Squash
Broccoli Slaw
Canned Pears

Sunday, March 22nd

Beef Stew
Spinach Mandarin Orange Salad
Grapes

Monday, March 23rd

Butternut Squash Soup
Chicken Waldorf Entrée Salad
Mixed Salad Greens
Orange Gelatin Shredded Carrots
Cantaloupe

Tuesday, March 24th

Roast Pork
Fresh Baked Yam
Cauliflower
Tossed Green Salad
Banana

Week of March 25th –31st

Wednesday, March 25th

Albondigas Soup
Chicken Enchilada Chili Verde Casserole
Spanish Rice and Black Beans
Marinated Tomato Bell Pepper Onion Salad
Grapes

Thursday March 26th

Cream of Celery Soup
Salisbury Steak and Coleslaw
Mashed Potatoes
Brussels Sprout in Garlic Butter
Canned Peaches

Friday, March 27th

Fish Vera Cruz or Pork Chop
Barley Pilaf and Broccoli
Three Bean Salad
Pumpkin Cake

Saturday, March 28th

Vegetable Beef Soup
Orange Ginger Chicken and Brown Rice
Peas and Carrots
Garden Salad Mixed Salad Greens
Pineapple and Mango

Sunday, March 29th

Swedish Meatballs with Buttered Noodles
Winter Squash
Marinated Cucumber Salad
Strawberries

Monday, March 30th

Came Asada with Pinto Beans and Corn
Tomato/Bell Pepper/Onion
Tapioca Pudding w/ Cinnamon and Raisins

Tuesday, March 31st

Cream of Tomato Soup
Crispy Baked Chicken and Confetti Rice
Carrot Coins and Green Beans
Garden Salad Mixed Greens
Orange

Dessert of the Month



ST. PATRICK'S DAY JELL-O PARFAIT

INGREDIENTS

1 package (3oz) Lime Jell-O

1 cup thawed Cool Whip topping

DIRECTIONS

Prepare Jell-O according to package directions.

Set aside 1/3 cup.

Spoon remaining Jell-O into dessert or wine glasses.

Chill glasses at an angle until Jell-O is set (overnight is best)

Fold Cool Whip into remaining (1/3 cup) Jell-O.

Refrigerate until ready to use.

Spoon topping mixture into glasses of set Jell-O.

Top with a dollop of Cool Whip and meringue then sprinkle green sprinkles over top.

Chill and Enjoy!

Community Services and Parks Department

Serving Meals at Three Locations:

Adult Recreation Center

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

***Suggested Donation: \$2.50 Per Meal
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 Cafe

March 2020



City of Glendale
Community Services & Parks

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