

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Split Pea Soup BAKED ZITI (TURKEY) WG Pasta Sourdough Bread Corn/Zucchini Medley Kiwi</p>	<p>3 ROSEMARY CHICKEN W/ CREAMY GARLIC SAUCE Couscous Pilaf/Chopped Salad Apple or Applesauce Broccoli & Cauliflower Green Gelatin</p>	<p>4 Tomato Soup MEATLOAF WITH GRAVY WG Bread/Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish</p>	<p>5 Happy June Birthdays! BBQ CHICKEN (L&T) WG Dinner Roll Carrots Baked Beans Orange "Cake"</p> 	<p>6 Choice of Entrée GARLIC BUTTER FISH OR SWEET & SOUR PORK Brown Rice Spinach Coleslaw Banana</p>
<p>9 Cream of Mushroom CHICKEN CURRY Brown Rice Oriental Vegetables Chopped Asian Salad w/ Romaine & Green Onions Cantaloupe</p>	<p>10 BEEF STEW w/ POTATOES, CELERY & ONIONS WG Dinner Roll/ Carrots Creamy Dill Cucumber Salad/ Orange Fruited Vanilla Yogurt</p>	<p>11 Lentil Soup CHICKEN MARSALA w/ MUSHROOM & WHITE WINE SAUCE WG Penne Pasta Peas & Onions Marinated Beets Salad Kiwi</p>	<p>12 BREADED FISH Flour Tortilla (1) Brown Spanish Rice Zucchini Medley Creamy Coleslaw w/ Chipotle Dressing Banana</p>	<p>13 Father's Day Celebration HAMBURGER PATTY WG Hamburger Bun Corn on the cob Lettuce, Tomato Slices, Onion Slices Plum or Nectarine Chocolate Cake</p> 
<p>16 Choice of Entrée TURKEY CHILI w/ BARLEY OR VEGETARIAN CHILI w/BARLEY Cornbread/Baked Potato Chopped Kale & Spinach Salad w/Tomatoes Watermelon</p>	<p>17 CREAMY CILANTRO BAKED FISH Biscuit Brown Rice Pilaf Broccoli Romaine Caesar Salad w/Croutons Cantaloupe</p>	<p>18 ROAST BEEF w/GRAVY WG Roll Mashed Sweet Potatoes Collard Greens Waldorf Salad Cream Cookies</p>	<p>19 ALL SITES CLOSED</p>  	<p>20 Tomato Bisque Soup TUNA SANDWICH WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Banana</p>
<p>23 SPAGHETTI w/MEATBALLS Sourdough Bread w/Garlic Spread WG Spaghetti Broccoli Romaine Caesar Salad Apple or Applesauce</p>	<p>24 CHICKEN ENCHILADA CASSEROLE w/RED SAUCE Black Beans Tomato & Cucumber Salad Orange</p>	<p>25 Cream of Broccoli Soup FISH VERACRUZ WG Bread Corn/Carrot Slaw Kiwi Vanilla/Chocolate Swirl Pudding</p>	<p>26 PORK LOIN w/BLACKPEPPER SAUCE WG Bread Stuffing Mashed Potatoes Beets & Onions Salad Watermelon</p>	<p>27 Northern Bean Soup BEEF STROGANOFF WG Bread Egg Noodle Zucchini Medley Chopped Spinach & Kale Salad Tangerine</p>
<p>30 Tuscan Soup TURKEY & CRANBERRY SALAD WG BREAD Garden Salad w/Vinaigrette Tri Color Coleslaw Pear</p>		<p>VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00</p>		

Now Open

Artesia Senior Center

18750 Clarkdale Ave.
Artesia, CA 90701
(562) 924-6509
Dorothy, Site Aide

Casa Maravilla

4848 E. Colonia de Las Rosas
Los Angeles, CA 90022
(323) 260-4773
Santa, Site Aide

Downey Community & Senior Center

7810 Quill Dr.
Downey, CA 90241
(562) 862-8800
Lupe, Site Aide

Hawaiian Gardens Senior Center

21815 Pioneer Blvd.
Hawaiian Gardens, CA 90716
(562) 420-2641 ext. 238
Araceli, Site Aide

Leo Turner Center

4835 Clara St.
Cudahy, CA 90201
(323) 773-5143 ext. 256
Yvette, Site Aide

Roosevelt Park Senior Center

7600 Graham Ave.
Los Angeles, CA 90001
(323) 586-7228
Elda, Site Aide

South Gate Senior Center

4855 Tweedy Blvd.
South Gate, CA 90280
(323) 563-1015
Yadira, Site Aide

Yvonne B. Burke Senior & Community Center

4750 W. 62nd St.
Los Angeles, CA 90056
(323) 298-6038
Nicole, Site Aide

Bell Community Center

6250 Pine Ave.
Bell, CA 90201
(323) 773-1596
Tatiana, Site Aide

Cerritos Senior Center

12340 South St.
Cerritos, CA 90703
(562) 916-8555
Kathy, Site Aide

East Los Angeles Service Center

133 N. Sunol Dr.
Los Angeles, CA 90063
(323) 604-0800
Maricela, Site Aide

Houghton Park

6301 Myrtle Ave.
Long Beach, CA 90805
(562) 428-6538
Cynthia, Site Aide

Long Beach Senior Center

1150 E. 4th St.
Long Beach, CA 90802
(562) 570-3520
Claudia, Site Aide

Salazar Park

3864 Whittier Blvd.
East Los Angeles, CA 90023
(323) 266-3100

Weingart Senior Center

5220 Oliva Ave.
Lakewood, CA 90712
(562) 630-6210
Ana, Site Aide

YWCA Empowerment Center

4315 Union Pacific Ave.
Los Angeles, CA 90023
(323) 415-6057
Rosa, Site Aide

Bell Gardens Senior Center

6722 Clara St.
Bell Gardens, CA 90201
(562) 334-1779
Esperanza, Site Aide

Commerce Senior Center

2555 Commerce Way
Commerce, CA 90040
(323) 887-4430
Adriana, Site Aide

El Dorado Park

2800 Studebaker Rd.
Long Beach, CA 90815
(562) 429-4283
Dalila, Site Aide

HSA Main Office

6800 Florence Ave.
Bell Gardens, CA 90201
(562) 806-5400 ext. 154
Alejandro, ADCRC Coordinator

Lynwood Senior Center

11329 Ernestine Ave.
Lynwood, CA 90262
(310) 886-0416
Marlyn, Site Aide

Simms Park

16614 S. Clark Ave.
Bellflower, CA 90706
(562) 925-6485
Linda, Site Aide

Willowbrook Senior Center

12915 Jarvis Ave.
Los Angeles, CA 90061
(310) 217-5650
Celeste, Site Aide

YWCA - GLA - Walnut Park

7515 Pacific Blvd.
Walnut Park, CA 90255
(213) 516-3575
Patty Site Aide

California Recreation Center

*Cambodian meals also served
M-F beginning Sept. 3*
1550 Martin Luther King Blvd.
Long Beach, CA 90813
(562) 599-7185
Chakriya, Site Aide

Dollarhide

Community Center
301 N. Tamarind Ave.
Compton, CA 90020
(310) 605-5688
Lorrie, Site Aide

Florence/Firestone Service Center

7807 Compton Ave.
Los Angeles, CA 90001
(323) 586-6502
Betty, Site Aide

Huntington Park Community Center

6925 Salt Lake Ave.
Huntington Park, CA 90255
(323) 584-6352
Gabby, Site Aide

Paramount Community Center

14400 Paramount Blvd.
Paramount, CA 90723
(562) 220-2094
Maria, Site Aide

Southeast-Rio Vista YMCA

4801 E. 58th St.
Maywood, CA 90270
(323) 588-2256
Erolinda, Site Aide

Opening Soon

E. Rancho Dominguez Service Center

15116 S. Atlantic Ave.
Compton, CA 90020
(310) 603-7401

Reservations taken 24 hours in advance at all sites



Human Services Association