

**HUMAN SERVICES ASSOCIATION** “Where Caring Becomes Doing” ❄️ **SENIOR DINING CENTER** **JANUARY 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS &amp; OLDER \$3.00 FEE FOR NON-SENIORS \$7.00</b></p>			<p>1 <b>ALL SITES CLOSED</b> <i>Happy New Year</i> <b>2026</b></p>	<p>2 <b>CHICKEN PASTA w/CREAMY GREEN SAUCE</b> WG Spiral Pasta Cauliflower Marinated Cucumber, Tomato Salad Waldorf Salad</p>
<p>5 Turkey Rice Soup <b>TUNA SANDWICH</b> WG Bread Carrot Pineapple Slaw Shredded Brussel Sprouts &amp; Cabbage Salad Applesauce</p>	<p>6 <b>SPAGHETTI w/MEATBALLS</b> Sourdough Bread WG Spaghetti Broccoli Romaine Cesar Salad w/Crouton/Banana</p>	<p>7 <b>CHICKEN ENCHILADA CASSEROLE</b> WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange/Sherbet</p>	<p>8 <i>Happy January Birthdays!</i> Cabbage &amp; Tomato Soup <b>LEMON PEPPER FISH</b> WG Roll Corn Green Beans Kiwi/ “Cake”</p> 	<p>9 <b>PORK LOIN w/BLACK PEPPERCORN SAUCE</b> WG Bread Stuffing Sweet Potato Beet &amp; Onion Salad Tangerine</p>
<p>12 Northern Bean Soup <b>BEEF CHILI MAC</b> WG Spiral Pasta Peas &amp; Corn Chopped Spinach &amp; Kale w/Red Onions Salad Pear</p>	<p>13 <i>Choice of Entrée</i> <b>HERB BAKED FISH w/DILL SAUCE OR ROAST PORK w/MUSTARD SAUCE</b> WG Bread Couscous/Steamed Cabbage Waldorf Salad Cookie</p>	<p>14 Butternut Squash Soup <b>TURKEY A LA KING</b> Biscuit WG Pasta Cauliflower Marinated Beet Salad w/Onions Peach</p>	<p>15 <b>MEATLOAF w/RED SAUCE</b> WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish</p>	<p>16 <b>MLK Luncheon BAKED CHICKEN (L&amp;T)</b> Cornbread Macaroni &amp; Cheese Southern Collard Greens Tossed Green Salad w/Cucumber Orange Banana Pudding w/Wafers</p>
<p>19 <b>ALL SITES CLOSED</b></p>  <p><b>Martin Luther King Day</b></p>	<p>20 <b>BEEF PICADO</b> Flour Tortilla Brown Spanish Rice Black Beans Chopped Romaine Salad Mandarin Oranges w/Jicama</p>	<p>21 Fideo Soup <b>FISH VERA CRUZ</b> Barley Pilaf Fiesta Corn Garden Salad w/Shredded Purple Cabbage Garnish Cantaloupe</p>	<p>22 <b>OVEN BAKED CHICKEN</b> WG Cornbread Stuffing Cauliflower Carrots &amp; Raisin Salad Peach</p>	<p>23 Minestrone Soup <b>MEATBALL SANDWICH</b> WG Deli Roll Broccoli Chopped Spinach &amp; Kale Salad, Ranch dressing &amp; Red Onions Banana</p>
<p>26 <b>BEEF LASAGNA</b> WG Roll Cauliflower Cesar Salad w/Croutons Applesauce Cream Sandwich Cookie</p>	<p>27 Cream of Broccoli Soup <b>SHEPHERD’S PIE</b> WG Bread Green Beans/Mashed Potato Chopped Kale &amp; Spinach w/Shredded Carrots Garnish Salad/Pear</p>	<p>28 Tomato Soup <b>LEMON DIJON CHICKEN</b> Barley w/Parsley Brussel Sprouts Chopped Salad Tropical Fruit</p>	<p>29 <b>BEEF w/GREEN ONION STIR FRY</b> Brown Rice Asian Vegetables Garden Salad w/Red Onions Garnish Pineapple &amp; Mango</p>	<p>30 <b>BBQ CHICKEN</b> WG Roll Collard Greens Black Eye Peas Orange</p>

ALL MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE MANAGER FOR CHOICE OF FRUIT !HIGH SODIUM! \*MENU SUBJECT TO CHANGE WITHOUT NOTICE - This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended. **RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES**