




# IRWINDALE SENIOR CENTER LUNCH MENU – JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3. CHICKEN DIVAN</b> Barley Sautéed Spinach Coleslaw Peaches	<b>4. STUFFED PEPPER</b> Mashed potatoes Green Salad Pineapple chunks w/ Mango	<b>5. CHICKEN MARINARA</b> Spaghetti Broccoli slaw Squash Banana	<b>6. BEEF FAJITAS</b> Rice Beans Tomato & Green Pepper Salad Pear	<b>7. BAKED FISH W/ CRUMB TOPPING OR OMELET W/ PEPPERS &amp; ONIONS</b> Yams Garden Salad Chocolate pudding
<b>10. SPAGHETTI &amp; MEAT SAUCE</b> Carrots Green Salad Orange	11. Chicken Noodle soup <b>TUNA SALAD</b> Crackers Broccoli salad Lettuce & Tomato Applesauce	<b>12. BEEF TACO</b> Rice Black Beans Spinach salad Citrus Cup	<b>13. CHICKEN CHIPOTLE</b> Green Beans Yams Fruit Cocktail	14. <b>No Lunch Father's Day Event</b> 
<b>17. CHICKEN A LA MORRISON</b> Rice Pilaf Broccoli Spinach Salad Cookie	18. Albondigas soup <b>VEGETABLE QUICHE</b> Marinated tomato Peaches	<b>19. ROTISSERIE CHICKEN</b> Harvest beets Sweet Potato Coleslaw Banana	20. Lentil Soup <b>HAMBURGER</b> Macaroni Salad Corn Lettuce & Tomato Fruit	<b>21. CHILAQUILES</b> Beans Eggs Birthday Cake  <b>BIRTHDAY BREAKFAST</b>
<b>24. BEEF TACO SALAD</b> Beans Lettuce, Cabbage & Tomatoes Pineapple & Mango	<b>25. LEMON PEPPER CHICKEN</b> Rice Vegetables Spinach Salad Pear	<b>26. BEEF LASAGNA</b> Green Beans Romaine Salad Tapioca Pudding	27 Cream of Mushroom soup <b>BBQ CHICKEN</b> Yams Coleslaw Banana	28. <b>NO LUNCH SENIOR PROM DANCE</b>

### NUTRITION PROGRAM - Menu is subject to change

Check in starts at 11:00am and lunch is served at 12:00noon

Cost: Irwindale residents 50 years plus - \$1.00 and Non-residents 50 years plus - \$2.00

#### GUIDELINES

- Your choice meals will be ordered based on the selections made 48 hours in advance; otherwise first come first served. You should be aware there might be days when menu is subject to change. To guaranteed a reservation you must check-in by 11:45am
- Simply call or stop by the Irwindale Senior Center to make your reservation and/or to cancel.
- Numbered lunch tickets will be given at check-in and meals will be forfeit their reservation.
- Individuals with tickets will be given at check-in and meals will be served to groups of ten at a time.
- Those without a reservation or late arrivals will receive a higher numbered lunch ticket and will be added to the waiting list.
- If meals are still available the higher numbered tickets will then be called.
- Nutrition program meals are prepared by Morrison Management Specialists Monday-Friday.
- No take home containers will be provided.

The following ingredients will be used whenever possible: No added salt; non-fat milk in puddings; in creamed dishes and soups, cheese lower in saturated fat and cholesterol, canola oil in food preparation when oil is called for egg substitute in egg dishes (no cholesterol); and canned fruit in light syrup.

**For reservations and/ or cancellations, visit or call the Senior Center at (626) 430-2283  
Irwindale Senior Center-16116 Arrow Highway Irwindale, CA 91706**