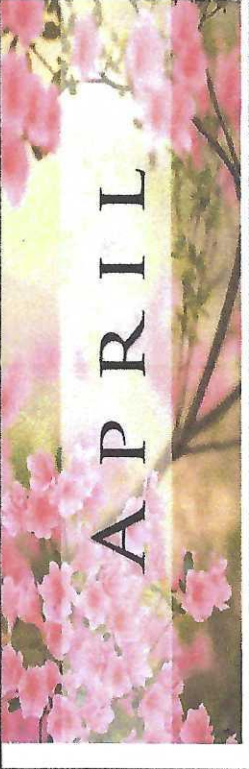


Sunland Dining Center
April 2024 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. *Orange Juice Turkey w/Cranberry Sauce Whole Grain Roll Brown Rice Pilaf Whipped Sweet Potato Mixed Green Salad w/Spinach & Strawberries w/Vinaigrette-Dressing Tapioca OR Lemon Pudding Low fat Milk</p>	<p>2. Mediterranean Chicken Pita Bread & Hummus Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine Low fat Milk</p>	<p>3. Spaghetti w/Meat Sauce (Turkey) Butternut Squash OR Sweet Potato Green Peas w/Mushrooms *Kiwi OR Orange Low fat Milk</p>	<p>4. Tuna Nicoise Salad Cold Plate Whole Grain Roll Herbed Potato Salad or Herbed Roasted Potatoes *Creamy Coleslaw Apple Low fat Milk</p>	<p>5. Beef Fajita Flour Tortilla Spanish Brown Rice Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk</p>
<p>8. Chicken Dijon Whole Grain Roll Rosemary Mashed Potatoes *Chopped Salad w/Kale, Lettuce, & Cucumber w/Vinaigrette Drsg Fresh Fruit in Season Low fat Milk</p>	<p>9. *Orange Juice Stuffed Bell Pepper (Turkey) Dinner Roll Mixed Vegetables Island Drsg Romaine Salad w/Tomato & 1000 Apple AND/OR Red Gelatin Cubes w/Yogurt Low fat Milk</p>	<p>10. Vegetarian Frittata Whole Grain Roll Lima Beans & Corn Spinach, Shredded Cabbage, & Brussels Sprouts Salad Pear OR Nectarine w/Ranch Drsg Low fat Milk</p>	<p>11. Korean BBQ (Beef) Herbed Brown Rice Sauté Zucchini w/Sesame Seeds Broccoli Salad w/Sliced Radish Pineapple Low fat Milk</p>	<p>12. Fish & Chips Whole Grain Roll Roasted Sweet Potato Wedges *Coleslaw Banana OR Grapes Low fat Milk</p>
<p>15. Turkey Vegetable Stir Fry Brown Rice *Cabbage, Cucumber & Radish Salad w/Sesame Dressing Poached Ginger Pear AND/OR Tapioca Pudding Low fat Milk</p>	<p>16. Meatloaf w/Gravy (Beef) Whole Grain Roll Garlic Mashed Potatoes Green Beans *Cantaloupe OR Orange Low fat Milk</p>	<p>17. Caribbean Chicken Brown Rice Pilaf Broccoli Carrot, Bell Pepper, & Celery Salad Fresh Fruit in Season Low fat Milk</p>	<p>18. Fish Taco Corn Tortilla Pinto Beans Chopped Mixed Salad w/Romaine, Kale & Ranch Drsg Fresh Peach OR Plum Low fat Milk</p>	<p>19. *Orange Juice Beef Bolognese w/Penne Pasta Herbed Zucchini & Yellow Caesar Salad w/CROUTONS Squash & Caesar Dressing Fruit Cup (Apple & Melon) Low fat Milk</p>
<p>22. SW Shredded Chicken Corn Tortilla Pinto Beans Spinach Salad w/Kale, Bell Pepper, & Cucumber w/1000 Island Drsg Peaches OR Melon Low fat Milk</p>	<p>23. Shepherd's Pie (Turkey) Whole Grain Roll Carrots Mixed Salad Greens w/French Dressing *Orange OR Kiwi Low fat Milk</p>	<p>24. Baked Fish Almandine Barley w/Herbs Green Beans w/Herbs *Coleslaw w/Bell Pepper Yogurt Parfait w/Berries Low fat Milk</p>	<p>25. Chicken Adobo Brown Rice Green Peas Mesclun Salad w/Garbanzo Beans w/Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk</p>	<p>26. Garden Vegetable Lasagna w/Zucchini & Mushrooms Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk</p>
<p>29. Baked Pollock w/Lemon Sauce Whole Grain Roll Mixed Vegetable Blend Broccoli Salad Cinnamon Applesauce Low fat Milk</p>	<p>30. Cashew Chicken w/Lo Mein Noodles Whole Grain Roll Green Peas *Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk</p>	 <p>APRIL</p>		

Marline Motts
Dining Coordinator
SUGGESTED DONATION
OF \$3.10 FOR THOSE 60
YEARS OLD AND OVER

Lunch served at 11:30 AM - please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.
♥ ABD Dining Center (818) 834-6100 Ext. 211 ♥ Sunland Dining Center ♥ Olive Manor Dining Center ♥
11300 Glenoaks Blvd., Pacoima, CA 91331
*Vitamin C Source