

December 2025 Lunch Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Tikka Masala Chicken Roasted Eggplant Tomatoes and Onion Brown Rice Cantaloupe*** LF Milk	2 Lemon Glazed Fish White Fish Sweet Potato Mash** Pineapple & Papaya Quinoa LF Milk	3 Beef & Broccoli Beef Broccoli** Bok Choy Brown Rice Honeydew Melon* LF Milk	4 Chicken Pasta Primavera Chicken Green Peas Tangerine* Wheat Pasta LF Milk	5 Beef Chile Colorado Beef LS Black Beans Zucchini Wheat Tortilla Kiwi* LF Milk
8 Fish w/ Garlic Sauce White Fish Spinach** Orange* Quinoa LF Milk	9 Carne Asada Beef LS Refried Beans Chayote w/ Onions & Tomatoes Wheat Tortilla Kiwi* LF Milk	10 Sesame Chicken Chicken Parsnips Bamboo Shoots & Cabbage Wheat Noodles Cantaloupe*** LF Milk	11 Meatloaf Beef Vegetable Medley Mashed Potato Wheat Dinner Roll Pineapple & Papaya *** LF Milk	12 Chicken Pesto Pasta Chicken Carrots** Wheat pasta Honeydew Melon* LF Milk
15 Pepper Steak Beef Green bean, Mushroom & Onion Stir Fry Pineapple & Papaya*** Whole Grain Roll LF Milk	16 Chicken Tinga Chicken Roasted Corn Brown Rice Cantaloupe LF Milk	17 White Fish White Fish Carrots** Quinoa Orange* LF Milk	18 Chicken Enchiladas Verde Chicken with Green Sauce Black Beans Yellow Summer Squash Wheat Tortilla Kiwi* LF Milk	19 Beef w/ onions and tomato Beef w/ onions and tomato Steamed collard greens or kale* Brown Rice Tangerine/ Tangelo* LF Milk
22 Orange Chicken Chicken Garlic Zucchini Carrots** Brown Rice Whole Grain Roll LF Milk	23 Beef Stir Fry Beef Broccoli* Wheat Noodles Orange* LF Milk	24 LS Roast Beef w/LS Gravy Rst Beef Broccoli & Baked Yam Tangerine or Tangelo Dinner Roll Rice Pudding LF Milk	25 CENTER CLOSED 	26 Harissa Chickpeas Chickpeas Onion, Yellow Bell Pepper, Kale Wheat Pita Honeydew Melon* LF Milk
29 Beef Fajitas Beef Corn Wheat Tortilla Tangerine/Tangelo* LF Milk	30 Chicken Chile Verde Chicken Pinto Beans Brown Rice Cantaloupe** LF Milk	31 Fish Piccata White Fish Red and Orange Bell Pepper Wheat Pasta Pineapple & Papaya** LF Milk	MAOF Senior Services 3750 Verdugo Rd. Los Angeles, CA, 90065 For More Information Call (323)473-9851	 Mexican American Opportunity Foundation Empowering Families from Childhood to Senior

*Vitamin C Source., ** Vitamin A Source., ***Vitamin A & B source. (=)Potassium-Rich