



DINING ROOM MENU FOR APRIL 2024
MID - VALLEY / KESTER SENIOR CENTER

818 934-6883

Subject to change without notice.



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

Bernardi ♥ Dining Center (747) 254-2579 Ext. 7 ♥ Kester Dining Center (818) 934-6883 ♥ Reflections Dining Center (747) 254-2579

♥ Simpson Dining Center (818) 984-6192