



May 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch is served @ 12:00 noon</p> <p>Seniors 60 + and spouse of any age Suggested Donation: \$1.75</p> <p>Non-Seniors: \$2.50</p>		<p>1 CHICKEN CHOW MEIN Navy Bean Soup White & Brown Rice Brussels Sprouts & Carrots Combination Salad Tapioca Pudding Fried Chinese Noodles</p>	<p>2 SPAGHETTI & MEAT SAUCE Minestrone Soup Mixed Vegetables Lettuce & Tomato Salad Citrus Fruit Cup Whole Grain Bread EV Cinco de Mayo</p>	<p>3 FISH w/LEMON SAUCE OR SPINACH QUICHE Rice Pilaf Succotash Marinated Tomato, Green Pepper & Onion Baked Peach Crisp Wheat Bread</p>
<p>6 BBQ CHICKEN Peas & Carrots Potato Wedges Coleslaw Oatmeal Cookie Whole Grain Roll WPK Cinco de Mayo and Mother's Day</p> 	<p>7 TACO SALAD Tex Mex Rice Pinto Beans Lettuce & Tomato Salad Cantaloupe Tortilla Chips</p>	<p>8 SWEET & SOUR PORK Chicken Noodle Soup White Rice Chinese Vegetable Blend Green Salad w/Sliced Mushrooms Citrus Fruit Cup</p>	<p>9 BEEF LASAGNA Orange Juice Green Beans w/Corn Spinach Salad Banana French Bread PPK Cinco de Mayo & Mother's Day Party w/Rex Barry! Free Raffle!</p> 	<p>10 BAKED FISH w/ TARTAR SAUCE OR ROAST BEEF Vegetable Barley Soup Broccoli Fortified Mashed Potatoes Carrot & Pineapple Salad Chocolate Cake Whole Grain Bread EV Mother's Day Raffle</p> 
<p>13 HAMBURGER PATTY Orange Juice Green Beans & Corn BBQ Beans Lettuce, Tomato, & Pickle Gingered Pears Whole Grain Bun</p>	<p>14 ROAST TURKEY Harvard Beets Fortified Mashed Potatoes Broccoli & Carrot Slaw Apple Crisp Whole Grain Bread</p>	<p>15 BEEF BURGUNDY Tomato Bisque Soup Egg Noodles Mixed Vegetables Spinach Salad w/ Mushrooms Orange Wheat Bread</p>	<p>16 HAWAIIAN CHICKEN Barley Mushroom Soup Rice Pilaf Green Peas Cabbage & Bell Pepper Salad Pumpkin Bread Wheat Bread</p>	<p>17 BAKED FISH VERA CRUZ OR ITALIAN SAUSAGE Orange Juice Spaghetti w/Marinara Normandy Vegetables Mixed Greens w/Carrot Salad Italian Bread ALL SITES BDAY PARTY!</p> 
<p>20 CHICKEN ENCHILADA Spanish Rice Pinto Beans Lettuce & Tomato Salad Orange Sections Flour Tortilla (in entrée)</p>	<p>21 BAKED HAM Orange Juice Peas & Corn Waldorf Salad Mashed Potatoes Chocolate Tart Biscuit Volunteer Recognition @ PPK.</p>  <p><i>EV & WPK CLOSED</i></p>	<p>22 CHICKEN A LA MORRISON Beef Barley Soup Peas & Carrots American Salad Mashed Potatoes Melon Medley Whole Grain Bread</p>	<p>23 PORK ORIENTAL Brown Rice Mixed Vegetables Confetti Slaw Iced Chocolate Cake or Fruit Wheat Bread</p>	<p>24 BAKED FISH w/ CRUMB TOPPING OR BBQ BEEF Green Beans Potato Wedges Marinated Tomato, Green Pepper, & Onion Salad Oatmeal Cookie Corn Bread</p>
<p>27</p> <p>CLOSED</p>  <p>Memorial Day Observed</p>	<p>28 BEEF STROGANOFF Buttered Noodles Normandy Vegetables Sunshine Salad Cinnamon Spiced Apples Wheat Bread</p>	<p>29 ROTISSERIE CHICKEN Green Beans & Corn Sweet Potato Spinach Salad Citrus Fruit Cup Wheat Bread</p>	<p>30 ROAST PORK w/GRAVY Barley Lentil Soup Parslied Egg Noodles Stewed Tomatoes Green Peas Salad Tapioca Pudding Whole Grain Bread</p>	<p>31 BAKED FISH w/ SUMMER VEGS. OR MEATLOAF Harvard Beets Confetti Coleslaw Scalloped Potatoes Cantaloupe Whole Grain Bread</p>
<p>Emerson Village (EV) 755 N. Palomares St. (909) 623-0820 10:00 a.m. - 2:00 p.m.</p>		<p>Washington Park (WPK) 865 E. Grand Ave. (909) 620-2305 9:30 a.m. - 1:30 p.m.</p>	<p>Palomares Park (PPK) 499 E. Arrow Hwy. (909) 620-2324 10:00 a.m. - 2:00 p.m.</p>	
<p>Meals funded in part by the L.A. County Community Senior Services through the Older Americans Act and approved by Consulting Nutritional Services (CNS). Catered by Morrison</p>				