



# Congregate Meal Program

# April 2013

City of  
Gardena



NCC	Nakaoka Community Center	1670 W. 162nd Street	Gardena	(310) 217-9552
RP	Rowley Park	13220 S. Van Ness Ave.	Gardena	(310) 217-9552
SDCC	Senior Day Care Center	14517 Crenshaw Blvd.	Gardena	(310) 217-9550
LSC	Lawndale Senior Center	14700 Burin Avenue	Lawndale	(310) 973-3278

**\*\*\* MENU SUBJECT TO CHANGE \*\*\***  
Reservations Required  
**SCAMP Members: \$2.75**  
**Non-members: \$5.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pollack Fish Fillet with Noodles Broccoli & Cauliflower Cucumber & Tomato salad Whole Grain Roll Apricots	2 Oven Fried Chicken Brussels Sprouts Mashed Sweet Potatoes Tossed Salad with kidney beans, celery Cornbread Chocolate Ice Cream Split Pea Soup	3 Ground Turkey Taco w/ shredded lettuce & tomatoes Flour Tortilla Mexicali Coleslaw Pinto Beans Fresh Orange Tortilla Soup	4 Pork Cutlet with Gravy Sliced Carrots Garlic Mashed Potatoes Caesar Salad with croutons Whole Grain Roll Chocolate Pudding	5 <b>CHOICE DAY</b> <i>Orange Chicken OR Chicken Quesadilla</i> Brown & Wild Rice Broccoli Marinated Beet & Onion Salad Wheat Bread Pineapple Chunks Vegetable Beef Soup
8 Lemon Chicken Pasta Salad Green Beans w/ Red pepper Romaine Salad w/ kidney beans, mushrooms Dinner Roll Orange Cream of Broccoli Soup	9 Meatloaf Mixed Vegetables Mashed Potatoes Whole Grain Roll Oatmeal Cookie Tomato Soup 	10 <b>CHOICE DAY</b> <i>Carnitas w/ Salsa OR Fish Vera Cruz</i> Cauliflower w/ lemon pepper Black Beans Tossed Salad w/ onions & cilantro Corn Tortilla Fresh Banana	11 Chicken Piccata Brown Rice Florentine Stir Fry Vegetables Coleslaw Vinaigrette Cinnamon Applesauce Minestrone Soup	12 Beef Stroganoff Egg Noodles Brussels Sprouts Spinach Salad w/ French Dressing Dinner Roll Peaches 
15 Chicken Taco (2) Pinto Beans Shredded Lettuce & Tomatoes Corn Tortillas Cantaloupe Vegetable Barley Soup	16 Spaghetti w/ Turkey meat sauce Green Beans Caesar Salad w/ croutons Chocolate Ice Cream Orange Juice	17 Teriyaki Chicken with pineapple and green peppers Brown Rice Asian Stir Fry Vegetables Asian Salad with Sesame dressing Tangerine or Orange Egg Drop Soup	18 Baked Ziti with Italian sausage Lima Beans with stewed tomatoes Calico coleslaw Whole Grain Dinner Roll Flan Custard	19 Open Face Turkey Sandwich Peas & Carrots Mashed Potato Lettuce & Tomato Bread Fruit Cocktail Tomato Rice Soup
22 <b>EARTHDAY LUNCH</b> Mandarin Chicken Steamed Rice Broccoli Chinese Salad w/ dry noodle garnish Whole Wheat Bread Almond Pudding Pineapple Juice Milk <i>Special Lunch w/ Movie!</i>	23 Chicken Paprika Egg Noodles Sweet Potatoes Cucumber Salad Whole Grain Roll Apple or Grapes Cream of Broccoli Soup	24 Homemade Salisbury Steak Baby Carrots Baked Potato Tossed Green Salad w/ Onion, red peppers Bread Slice Pears Corn Chowder	25 <b>CHOICE DAY</b> <i>Tuna Salad OR Chicken Mole</i> Macaroni Salad Cauliflower Spinach Salad with tomato and French dressing Whole Grain Bread Vanilla Ice Cream	26 Roast Pork Oven browned potatoes Lettuce and tomato Romaine Salad w/ kidney beans & mushrooms Bread Slice Tropical fruit salad Celery Soup
29 Chicken Pot Pie Biscuit Topping Mixed Green Salad Whole Grain Roll Cantaloupe	30 <b>CHOICE DAY</b> <i>Creole Fish Fillet OR Roast Pork</i> Baked Potato 3 Bean Salad Whole Grain Roll Applesauce w/ cinnamon Tomato Bisque Soup	<b>Reservations Required</b>  <i>SCAMP Member Suggested Donation:</i> <b>\$2.75</b> <i>Non Member Suggested Donation</i> <b>\$5.00</b> 		

This project funded in part by the Area Agency on Aging through the Older Americans Act of 1965.