



Congregate Meal Program

June 2013

**City of
Gardena**

NCC	Nakaoka Community Center	1670 W. 162nd Street	Gardena	(310) 217-9552	Hours: 8am - 5pm
RP	Rowley Park (Mon / Wed)	13220 S. Van Ness Ave.	Gardena	(310) 217-9552	Hours: 11am - 2pm
SDCC	Senior Day Care Center	14517 Crenshaw Blvd.	Gardena	(310)217-9550	Hours: 9am - 3pm
LSC	Lawndale Senior Center	14700 Burin Avenue	Lawndale	(310)973-3278	Hours: 8am - 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Stew w/ potato celery, carrot, onions Cucumber Salad cabbage Biscuit Strawberry Jello Orange Juice 	4 Roast Turkey w/ gravy Cranberry sauce Stuffing Sweet Potatoes Tossed Salad w/ red cabbage Whole Grain Roll Apple Cream of Broccoli Soup	5 Homemade Salisbury Steak w/ Gravy Baby Carrots Mashed Potato Tossed Green Salad w/ ranch dressing Bread Pears Corn Chowder	CHOICE DAY 6 <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;"> Tuna Salad with Macaroni Salad UK </div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;"> Chicken Mole with Spanish Rice </div> Cauliflower Spinach Salad w/ tomato, french dressing Whole Grain Bread Vanilla Ice Cream	7 BBQ Pork on Bun Corn w/ Green Beans Potato Salad Romaine Salad w/ mushroom/kidneys & citrus dressing Tropical Fruit Salad Potato Leek Soup
10 Chicken Kabob Vegetables on Kabob, green & red bell pepper onion, mushroom Mixed Field Green Salad Croutons, red onion Fried Rice Whole Grain Roll Cantaloupe	CHOICE DAY 11 Creole Fish Fillet OR Roast Pork Baked Potato Three Bean Salad Whole Grain Roll Applesauce w/ Cinnamon Tomato Bisque Soup	12 Chicken Enchilada Verde Casserole Broccoli Pinto Beans Green Leafy Salad w/ corn & cucumbers Corn Tortilla Pineapple Chunks Tortilla Soup	SPECIAL LUNCH 13 Hamburger With Cheese, pickles onion, lettuce, and tomatoes Potato Salad Carrot, Pineapple Salad Watermelon Wedges Orange Juice	14 Grilled Fish w/ Tomato Brown Rice Pilaf Squash Medley Carrot Pineapple Salad Orange Split Pea Soup
CHOICE DAY 17 Beef Cutlet w/ gravy OR Baked Fish Mashed Potatoes Green Beans Corn Salad w/ Pimento Wheat Bread Peaches or Fruit Cream of Mushroom Soup	18 Spaghetti w/ Turkey meatsauce Broccoli Tossed Green Salad w/ Tomatoes, Italian Dressing Vanilla Ice Cream Vegetable Soup	19 Tuna Salad Sandwich Carrot Salad Broccoli Slaw w/ Raisin Whole Wheat Bread Cake - Cooks Choice 	20 BBQ Chicken Legs Brown & Wild Rice Spinach Potato Salad Cornbread Cantaloupe / Tangerine	21 Mongolian Beef w/ gravy Coleslaw Brown Rice Canned Pears Lentil Soup
24 Pollack Fish Fillet with Noodles and Lemon Capers Broccoli & Cauliflower Cucumber & Tomato salad Whole Grain Roll Apricots	25 Oven Fried Chicken Brussels Sprouts Mashed Sweet Potatoes Tossed Salad with kidney beans, celery Cornbread Grape Jello Split Pea Soup	26 Ground Turkey Taco w/ shredded lettuce & tomatoes Flour Tortilla Mexicali Coleslaw Pinto Beans Fresh Orange Tortilla Soup	27 Pork Cutlet with Gravy Sliced Carrots Garlic Mashed Potatoes Caesar Salad with croutons Whole Grain Roll Chocolate Pudding <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> CANDLELIGHT DINNER </div>	CHOICE DAY 28 Orange Chicken OR Chicken Quesadilla Brown & Wild Rice Broccoli Marinated Beet & Onion Salad Wheat Bread Pineapple Chunks Vegetable Beef Soup

**Menu
Subject to
Change**

Reservations Required

SCAMP Member Suggested Donation:
\$2.75

Non Member Suggested Donation \$5.00

**Come Celebrate Father's Day
with us and Listen to Golden
Sounds May 13th!!**

