



Congregate Meal Program May 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
Reservations Required		Chicken Enchilada Casserole Pinto Beans Broccoli Green Leafy Lettuce Salad w/ Corn and cucumbers Corn Tortilla Pineapple Chunks Potato Leek Soup	Stuffed Bell Pepper Mashed Potatoes Marinated Beet & Onion Salad Hawaiian Sweet Bread Roll Lime Jell-O	Grilled Fish with Tomatoes Brown Rice Pilaf Squash Medley Carrot Pineapple Salad Orange Split Pea Soup
<i>SCAMP Member Suggested Donation: \$2.75</i>				
<i>Non Member Suggested Donation \$5.00</i>				
Cinco de Mayo Lunch Spaghetti w/ Turkey Meatsauce Broccoli Tossed Green Salad w/ Tomatoes & Italian Dressing Vanilla Ice Cream Vegetable Soup	CHOICE DAY Baked Fish OR Beef Cutlet Mashed Potatoes Green Beans Corn Salad with Pimiento Wheat Bread Canned peaches Cream of Mushroom Soup	Pork Chop Au Jus Rice Baby Carrots Broccoli Slaw with raisins Whole Grain Roll Cake Cook's Choice	BBQ Chicken Legs Brown and Wild Rice Spinach Potato Salad Cornbread Cantaloupe	Beef French Dip Sandwich Oven Roasted Potatoes Coleslaw Pears Lentil Soup
Mother's Day Lunch Chicken Breast in Wine Sauce Rice Pilaf Broccoli Fruit Cup Roll w/ Butter Red Velvet Cake w/ Sour Cream Frosting Fruit Punch & Milk	Oven Fried Chicken Mashed Sweet Potatoes Brussel Sprouts Tossed Salad w/ kidney beans and celery Cornbread Grape Jell-O Split Pea Soup	Corn Chip Turkey Taco Salad Pinto Beans Shredded Lettuce & tomato Mexicali Cole Slaw Flour Tortillas Fresh Orange Tortilla Soup	Pork Cutlet Garlic Mashed Potatoes Sliced Carrots Caesar Salad w/ croutons Whole Grain Roll Chocolate Pudding	CHOICE DAY Chicken Quesadilla OR Orange Chicken Brown and Wild Rice Broccoli Marinated Beet & Onion Salad Wheat Bread Pineapple Chunks Vegetable Soup
Apple Honey Glazed Chicken Pasta Salad Green Beans w/ Red Peppers Mixed Green Salad w/ kidney beans Dinner Roll Orange Cream of Broccoli	Meatloaf Mixed Vegetables Mashed Potatoes Whole Grain Bread Oatmeal Cookie Tomato Soup	CHOICE DAY Fish Vera Cruz Cauliflower with lemon pepper UK Carnitas w/ Salsa Black Beans Tossed Salad with Onion & cilantro Corn Tortilla Banana	Chicken Picatta Brown Rice Florentine Stir Fry Vegetables Coleslaw with Vinaigrette Applesauce Minestrone Soup	Beef Stroganoff Egg Noodles Brussles Sprouts Spinach Salad w/ French Dressing Dinner Roll Peaches
			CANDLELIGHT NIGHT	
Closed for Memorial Day	Spaghetti Meatsauce Green Beans Caesar Salad w/ crouton Cake - Chef's Choice Orange Juice	Mandarin sesame chicken Brown Rice Asian Stir Fry Vegetables w/bokchoy, broccoli, carrots, bean sprouts Asian Salad w/ Sesame dressing Tangerine/Orange Egg Drop Soup	Vegetarian Lasagna Lima Beans w/ Stewed tomato Calico Coleslaw Whole Grain Dinner Roll Orange Jell-O w/ mandarin orange pieces	Turkey Burger w/ BBQ Sauce Lettuce / Tomato Peas & Carrots Potato Salad Fruit Cocktail Tomato Rice Soup