

## Sunland Dining Center - December 2025 Congregate Menu

| MONDAY                                                                                                                                                        | TUESDAY                                                                                                                 | WEDNESDAY                                                                                                                                                                                                               | THURSDAY                                                                                                                                                         | FRIDAY                                                                                                                                                        |
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| <b>1.</b><br><b>Chicken Tikka Masala</b><br>Brown Rice<br>Roasted Eggplant w/Tomatoes & Onion<br>Cantaloupe<br>Low fat Milk                                   | <b>2.</b><br><b>Lemon Glazed Fish</b><br>Quinoa<br>Sweet Potato Mash<br>Pineapple & Papaya<br>Low fat Milk              | <b>3.</b><br><b>Beef &amp; Broccoli</b><br>Brown Rice<br>Broccoli<br>Bok Choy<br>*Honeydew Melon<br>Low fat Milk                                                                                                        | <b>4.</b><br><b>Chicken Pasta Primavera</b><br>Green Peas<br>*Tangerine OR Tangelo<br>Low fat Milk                                                               | <b>5.</b><br><b>Beef Chili Colorado</b><br>WG Tortilla<br>Black Beans<br>*Kiwi<br>Low fat Milk                                                                |
| <b>8.</b><br><b>Fish w/Garlic Sauce</b><br>Quinoa<br>Spinach<br>*Orange<br>Low fat Milk                                                                       | <b>9.</b><br><b>Carne Asada</b><br>WG Tortilla<br>Refried Beans<br>Chayote w/Onions & Tomatoes<br>*Kiwi<br>Low fat Milk | <b>10.</b><br><b>Sesame Chicken w/Noodles</b><br>Bamboo Shoots & Cabbage<br>Parsnips<br>Cantaloupe<br>Low fat Milk                                                                                                      | <b>11</b><br><b>Meatloaf (Beef)</b><br>WG Dinner Roll<br>Vegetable Medley<br>Mashed Potatoes<br>Pineapple & Papaya<br>Low fat Milk                               | <b>12.</b><br><b>Chicken Pesto W/G Pasta</b><br>Carrots<br>*Honeydew Melon<br>Low fat Milk                                                                    |
| <b>15.</b><br><b>Pepper Steak</b><br>Dinner Roll<br>Green Beans, Mushroom & Onion<br>Stir Fry/Bok Choy<br>Pineapple & Papaya<br>Low fat Milk <b>FOOD BANK</b> | <b>16.</b><br><b>Chicken Tinga</b><br>Brown Rice<br>Roasted Corn<br>Cantaloupe<br>Low fat Milk                          | <b>17.</b><br><b>White Fish</b><br>Quinoa<br>Carrots<br>*Orange<br>Low fat Milk                                                                                                                                         | <b>18.</b><br><b>Chicken Enchiladas Verde</b><br>Black Beans<br>Yellow Summer Squash<br>*Kiwi<br>Low fat Milk                                                    | <b>19.</b><br><b>Beef w/Onions &amp; Tomatoes</b><br>Brown Rice<br>Steamed Collard Greens OR Kale<br>*Tangerine OR Tangelo<br>Low fat Milk                    |
| <b>22.</b><br><b>Orange Chicken</b><br>Brown Rice<br>Garlic Zucchini & Carrots<br>Cantaloupe<br>Low fat Milk                                                  | <b>23.</b><br><b>Beef Stir Fry w/Noodles</b><br>Broccoli<br>*Orange<br>Low fat Milk                                     | <b>24. * OPEN ½ DAY *</b><br><b>Pork Tamales</b><br>Refried Beans<br>Hominy<br>*Tangerine OR Tangelo<br>Rice Pudding<br>Low fat Milk                                                                                    | <b>25.</b><br><i>CENTER CLOSED IN OBSERVANCE OF</i><br><b>Christmas</b><br> | <b>26</b><br><b>Harissa Chickpeas w/Onion, Yellow Bell Pepper, &amp; Kale</b><br>Whole Grain Pita<br>Roasted Eggplant<br>*Honeydew Melon<br>Low fat Milk      |
| <b>29.</b><br><b>Beef Fajitas</b><br>W/G Tortilla<br>Corn<br>Green Beans<br>*Tangerine OR Tangelo<br>Low fat Milk                                             | <b>30.</b><br><b>Chicken Chile Verde</b><br>Brown Rice<br>Pinto Beans<br>Cantaloupe<br>Low fat Milk                     | <b>31.</b><br><b>Fish Marsala w/Lemon Herb Pasta</b><br>Tomato & Red Pepper Confit<br>Spring Mix Salad Greens<br>w/Cucumber & Cherry<br>Tomatoes & Italian Dressing<br>Pineapple & Papaya<br>Cheesecake<br>Low fat Milk | <b>SUSIE GALLARDO</b><br><b>COORDINATOR</b><br><b>SUGGESTED</b><br><b>DONATION OF \$3.10</b><br><b>FOR THOSE 60 YEARS</b><br><b>OLD AND OVER</b>                 | <b>** CENTER WILL BE OPENED ½ DAY ON WED. THE 24<sup>TH</sup> **</b><br> |

**Lunch served at 11:30 AM - please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.**

**\*Vitamin C Source**

♥ ABD Dining Center (818) 834-6100 Ext. 305 ♥ Sunland Dining Center-Susie Gallardo ♥ Olive Manor-Christian Delacruz ♥

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