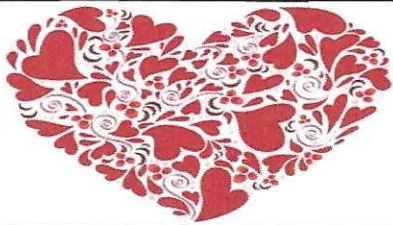

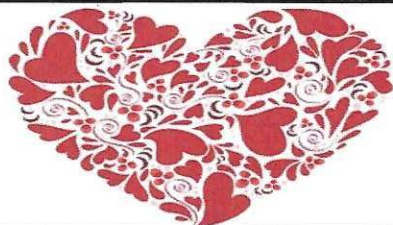



Sunland Dining Center February 2025 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUSIE GALLARDO Dining Coordinator SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER</p>				
<p>2. Beef Fajitas Whole Grain Tortilla Corn/Green Beans *Tangerine OR Tangelo Low fat Milk</p>	<p>3. Chicken Chile Verde Brown Rice Pinto Beans Cantaloupe Low fat Milk</p>	<p>4. Fish Piccata w/Pasta Sauteed Red & Orange Bell Peppers & Onions Pineapple & Papaya Low fat Milk</p>	<p>5. Beef Stew Brown Rice Garlic Kale *Honeydew Melon Low fat Milk</p>	<p>6. Poblano Creamy Chicken w/Pasta Green Beans *Orange Low fat Milk</p>
<p>9. Chicken Tikka Masala Brown Rice Roasted Eggplant w/Tomatoes & Onion Cantaloupe Low fat Milk</p>	<p>10. Lemon Glazed Fish Quinoa Sweet Potato Mash Pineapple & Papaya Low fat Milk</p>	<p>11. Beef & Broccoli Brown Rice Bok Choy *Honeydew Melon Low fat Milk</p>	<p>12. Chicken Pasta Primavera Green Peas *Tangerine OR Tangelo Low fat Milk</p>	<p>13. Steak Au Poivre Whole Grain Roll Roasted Potatoes Medley Mixed Green Salad w/Garbanzo Beans & Balsamic Vinaigrette *Strawberries AND Brownie Low fat Milk ♥ VALENTINE'S DAY ♥</p>
<p>16. THE CENTER IS CLOSED IN OBSERVANCE OF PRESIDENTS' DAY</p> 	<p>17. Carne Asada Whole Grain Tortilla Refried Beans Chayote w/Onions & Tomatoes *Kiwi Low fat Milk</p>	<p>18. FOOD BANK Sesame Tofu w/Noodles, Bamboo Shoots & Cabbage Parsnips Cantaloupe Low fat Milk **ASH WEDNESDAY**</p>	<p>19. Meatloaf (Beef) & Gravy w/ Vegetable Medley Dinner Roll Pineapple & Papaya Low fat Milk</p>	<p>20. Salmon w/Dill Sauce & Pasta Carrots Sauteed Spinach *Honeydew Melon Low fat Milk</p>
<p>23. Pepper Steak Dinner Roll Green Beans, Mushroom & Onion Stir Fry/Bok Choy Pineapple & Papaya Low fat Milk</p>	<p>24. Chicken Tinga Brown Rice Roasted Corn Cantaloupe Low fat Milk</p>	<p>25. White Fish Quinoa Carrots *Orange Low fat Milk</p>	<p>26. Chicken Enchiladas Verdes Black Beans Yellow Summer Squash *Kiwi Low fat Milk</p>	<p>27. Egg Frittata w/Onions & Tomatoes Whole Grain Roll Steamed Kale Spring Mix Salad Greens w/Cucumber & Radish w/Balsamic Vinaigrette *Tangerine OR Tangelo Low fat Milk</p>

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

♥ ABD Dining Center (818) 834-6100 Ext. 305 ♥ Sunland Dining Center ♥ Olive Manor Dining Center ♥
11300 Glenoaks Blvd., Pacoima, CA 91331

*Vitamin C Source