

	<h1>January</h1>			
Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> Sloppy Joes, Tomato sauce, Seasoned Ranch Corn, Carrot, Bell Pepper & Celery Salad, Whole Grain Bread, Sliced Peaches, Low fat milk	<b>6</b> BBQ Chicken Breast, BBQ Sauce, Sweet Potato, Marinated Cucumber Salad, Barley, Orange, Low fat milk 	<b>7</b> Chili Colorado (Beef), Red Sauce, Brown Confetti Rice, Seasoned Red Beans, Creamy Broccoli-Raisin Salad, Warm Cornbread, Cinnamon Applesauce, Low fat milk	<b>8</b> Sweet & Sour Pork w/Pineapple, Red Peppers & Onion, WG Noodles, Seasoned Green Beans, Coleslaw w/Asian Dressg., Banana, Oatmeal Cookie, Low fat milk	<b>9</b> Slice Beef Roast, Mushroom Gravy, Brown Rice, Seasoned Peas, Shred. Salad Lettuce, Tomato, Pear Slices or Fresh Pear, Low fat milk, Orange juice
<b>12</b> Pepper Steak, Sauce, Seasoned Broccoli, Carrot, Bell Pepper & Celery Salad, Steamed Brown Rice, French Bread, Pineapple Chunks, Low fat milk	<b>13</b> Ranch Chicken, Gravy, Seasoned Black-Eye-Peas, Kale & Spinach, Warm Cornbread, Barley, Orange, Low fat milk 	<b>14</b> Beef & Macaroni Casserole, WG Macaroni, Seasoned Green Beans, Coleslaw, Fresh Apple, Low fat milk	<b>15</b> Curry Chicken, LS Curry Sauce, Seasoned Brussels Sprouts, Corn, Confetti Brown Rice, Banana, Chocolate Chip Cookie, Low fat milk, Orange juice	<b>16</b> Roast Pork Chop, Mustard Sauce, Sweet Potato, WG Bread, Mixed Green Salad w/Mesclun Mix, Tropical Fruit Cocktail, Low fat milk
<b>19</b> MARTIN LUTHER KING JR. Day 	<b>20</b> Beef Strips, LS Sauce, Seasoned Broccoli, Brown Rice, Tri-Color Slaw, Banana, Sugar Cookie, Low fat milk	<b>21</b> Chicken w/Alfredo Sauce, Seasoned Stewed Tomatoes, Corn, Barley, Tropical Fruit Cocktail, Low fat milk	<b>22</b> Roast Beef Au jus, Mashed Potatoes, Kale/Bell Pepper, Mango Salad, Sliced Peaches in juice, WG Bread, Low fat milk	<b>23</b> Chicken A la King W/Bell Pepper & Onion w/Celery, Seasoned Herbed Carrots, Green Beans, WG Penne Pasta, Orange, Low fat milk
<b>26</b> Shepherd's Pie (ground turkey), Mashed Potatoes, Seasoned Green Beans, WG Roll, Fresh Pear, Low fat milk, Orange juice 	<b>27</b> Spaghetti w/Meat Sauce, Seasoned Green Peas & Cauliflower, Shred. Carrot, Pear & Bell Pepper Salad, Sliced Peaches, Oatmeal Cookie, Low fat milk	<b>28</b> Chicken w/Red Sauce, Pinto Beans, Brown Rice, Romaine Lettuce, Cucumber & Olives Salad, Tropical Fruit Cocktail, Low fat milk 	<b>29</b> BBQ Beef, BBQ Sauce, Seasoned Spinach, Mesclun Salad Mix, Seasoned Barley, Cornbread, Orange, Low fat milk	<b>30</b> Baked Fish w/Garlic Butter, Broccoli Spears, Coleslaw, Brown Rice, Fresh Apple, Low fat milk 
				

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