



DINING ROOM MENU FOR MARCH 2025

MID-VALLEY / KESTER Senior Center

(818) 934-6883

Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) Savory Beef Stew Mashed Potatoes Roasted Brussels Sprouts WG Roll or WG Bread *Orange LF Milk</p> <p>FOOD BANK</p>	<p>4) Turkey Vegetable Stir-fry w/ Lo Mein Noodles Whole Grain Bread *Cabbage, Cucumber, Radish Salad w/Sesame Drsg Poached Ginger Pear LF Milk</p>	<p>5) Caribbean Chicken Corn ***Carrot, Bell Pepper Celery Salad Brown Rice Pilaf Fresh Fruit in Season LF Milk</p> <p>ASH WEDNESDAY</p>	<p>6) Bolognese w/ WG Penne Pasta (Ground Turkey) Herbed Zucchini & Yellow Squash Caesar Salad w/ Croutons Caesar Dressing Fruit Cup (apple & melon) LF Milk</p>	<p>7) Fish & Chips **Roasted Sweet Potato Wedges *Coleslaw WG Roll or WG Bread Fresh Peach OR Plum Tapioca Pudding Optional LF Milk</p>
<p>10) Southwest Shredded Chicken Pinto Beans *Shredded Cabbage Mixed Salad Greens & Raddish w/ Cilantro Drsg Fresh or Unsweetened Peaches OR Melon WG Tortilla & Milk</p>	<p>11) Shepherd's Pie **Carrots C2- Corn Mixed Salad Greens French Dressing Whole Grain Roll *Kiwi LF Milk</p>	<p>12) Baked Fish Almandine Green Beans w/ Herbs ***Spinach Salad w/ Kale, Bell Pepper, Cucumber, 1000 Drsg Barley w/ Herbs Yogurt Parfait w/ Berries LF Milk</p>	<p>13) Cashew Chicken Green Peas *Beet & Mandarin Orange Salad Brown Rice Fresh Fruit in Season LF Milk</p>	<p>14) Garden Vegetable Lasagna w/ WG Pasta w/ Zucchini & Mushrooms Tomato Sauce **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange LF Milk</p>
<p>17) *Orange Juice Corn Beef Red Potatoes Steamed Cabbage ** Carrots Whole Rye Bread Kiwi OR Grapes Vanilla Puddir LF Milk</p> 	<p>18) Baked Pollack w/ Lemon See Mixed Veg Blend C2 - Green Peas *** Broccoli Salad WG Roll Or WG Bread Cinnamon Applesauce LF Milk</p>	<p>19) *Orange Juice Tuna Salad ** Spinach Salad w/ Shredded Cabbage & Cranberries Vinaigrette Dressing Potato Salad Whole Grain Roll LF Milk</p>	<p>20) Tamale Pie w/Turkey Black Beans Mesclun Salad Mix w/ Cilantro Dressing Oatmeal Cookie *Pineapple/Mango Fruit Cup LF Milk</p>	<p>21) Vegetarian Frittata w/ Mushrooms & Onions Garlic Mashed Potatoes Roasted Brussels Sprouts Whole Grain Roll *Pineapple Mango Fruit Cup LF Milk</p>
<p>24) Chicken Adobo Green Peas Mesclun Salad w/ Garbanzo beans Ranch Dressing Brown Rice Pineapple & Mango Fruit Cup LF Milk</p>	<p>25) Turkey Milanese w/ Red Sauce Cauliflower, & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/ Granola LF Milk</p>	<p>26) Salmon with Dill Sauce Green Beans C2- Black Beans *** Chopped Mixed Salad w/ spinach, Kale, bell pepper Italian Dressing Whole Grain Roll Cinnamon Applesauce LF Milk</p>	<p>27) Asian Beef Stir Fry w/ **Mixed Asian Vegetables Beet Salad Brown Rice *Cantaloupe OR Tangerine LF Milk</p>	<p>28) *Orange Juice Vegetarian Chili w/ Pinto & Kidney Beans Barley Tomatoes Cheese Garnish ** Herb Roasted Carrots Mixed Salad Greens w/ French Dressing Cornbread- Banana LF Milk</p>
<p>31) CENTER CLOSED IN OBSERVANCE OF</p> 				<p>CYNTHIA PAZ DINING ROOM Coordinator SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER</p>