

Sunland Dining Center
April 2025 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUSIE GALLARDO SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER	1. Beef Fajita W/G Tortilla Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup	2. Mushroom Quiche Pita Bread Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine	3. Roast Turkey Breast Whole Grain Stuffing Baked Yam or Sweet Potato Spinach Salad w/French Dressing *Kiwi OR Orange Lemon Pudding OPTIONAL	4. Tuna Salad Cold Plate Whole Grain Roll Herbed Potato Salad or Herbed Roasted Potatoes *Creamy Coleslaw Baked Apple OR Applesauce
7. Fish Creole Whole Grain Tortilla Red Beans *Creamy Coleslaw Pear OR Plum	8. Chicken Dijon Whole Grain Roll Herb Zucchini & Green Beans *Chopped Salad w/Kale, Lettuce, & Cucumber w/Vinaigrette Drsg Fresh Fruit in Season	9. *Orange Juice Tuna Salad Whole Grain Roll Potato Salad Spinach Salad w/Shredded Cabbage w/Dried Cranberries & Vinaigrette Dressing	10. Korean BBQ (Beef) Herbed Brown Rice Sauté Zucchini w/Sesame Seeds Broccoli Salad w/Sliced Radish Pineapple	11. Tuscan Bean Stew w/Mushrooms Whole Grain Roll Roasted Cauliflower Spinach Salad w/Ranch Dressing *Orange
14. Savory Beef Stew w/Mashed Potatoes Whole Grain Roll OR Bread Roasted Brussels Sprouts *Orange	15. Turkey Vegetable Stir Fry w/Lo Mein Noodles Whole Grain Bread *Cabbage, Cucumber & Radish Salad w/Sesame Dressing Poached Ginger Pear	16. Vegetarian Enchilada Casserole w/Mushroom & Zucchini W/G Tortilla Carrot, Bell Pepper, & Celery Salad Fresh Fruit in Season	17. *Orange Juice Beef Bolognese w/Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons & Caesar Dressing Fruit Cup (Apple & Melon)	18. Fish & Chips Whole Grain Roll OR Bread Roasted Sweet Potato Wedges *Coleslaw Fresh Peach OR Plum Tapioca Pudding OPTIONAL
21. *Orange Juice Turkey w/Sauce Whole Grain Roll Brown Rice Pilaf Whipped Sweet Potato Mixed Green Salad w/Spinach & Strawberries w/Vinaigrette Dressing Tapioca OR Lemon Pudding OPTIONAL	22. Shepherd's Pie (Beef) w/Mashed Potatoes Whole Grain Roll Carrots Mixed Salad Greens w/French Dressing *Kiwi	23. Baked Fish Almandine Barley w/Herbs Green Beans w/Herbs *Spinach Salad w/Kale, Bell Pepper, & Cucumber w/1000 Island Dressing Yogurt Parfait w/Berries	24. Cashew Chicken Brown Rice Green Peas *Beet & Mandarin Orange Salad Fresh Fruit in Season	25. Garden Vegetable Lasagna w/Zucchini & Mushrooms Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange
28. *Orange Juice Open Face Hot Turkey Sandwich w/Mashed Potatoes Whole Grain Bread Green Beans Spinach Salad w/Shredded Cabbage & Dried Cranberries w/Vinaigrette Dressing	29. Baked Pollock w/Lemon Sauce Whole Grain Roll OR Bread Mixed Vegetable Blend Broccoli Salad Cinnamon Applesauce	30. BBQ Chicken Brown Rice Yam OR Sweet Potato Tri Color Coleslaw w/Carrots Peach OR Pear		

Lunch served at 11:30 AM - please arrive early to secure your meal! ALL MEALS COME WITH LOW FAT MILK MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. *Vitamin C Source

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