

HUMAN SERVICES ASSOCIATION “Where Caring Becomes Doing” ✂ CERRITOS SENIOR DINING CENTER **AUGUST 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00		HELLO August		1 CHICKEN MOLE (L&T) Spanish Brown Rice Pinto Beans Tortilla Carrots w/Jicama Salad Kiwi
4 Beef Barley Soup STUFFED BELL PEPPER Whole Grain Roll Green Beans Mashed Potato Applesauce	5 Happy August Birthdays! BEEF PICADO Brown Spanish Rice Black Beans Chopped Romaine Salad Mandarin Orange/w Jicama Flour Tortilla/ “Cake”	6 Fideo Soup TUNA SANDWICH WG Bread Potato Salad Garden Salad Cantaloupe	7 OVEN BAKED CHICKEN WG Cornbread Stuffing Cauliflower Carrot & Raisin Salad/Peach Red Gelatin w/Fruit	8 Minestrone Soup MEATBALL SANDWICH WG Deli Roll Broccoli Chopped Spinach & Kale Salad Banana
11 BEEF LASAGNA WG Roll Cauliflower Caesar Salad Applesauce Ice Cream	12 Cream of Broccoli SHEPHERD’S PIE WG Bread Green Beans Chopped Kale & Spinach Salad Pear	13 Tomato Soup LEMON DIJON CHICKEN Barley w/Parsley Brussel Sprouts Chopped Salad Tropical Fruit	14 BEEF w/GREEN ONION STIR FRY Brown Rice Asian Vegetables Garden Salad Pineapple & Mango	15 BBQ CHICKEN Collard Greens Black Eyed Peas WG Roll Orange
18 Choice of Entrée GARLIC BUTTER FISH OR SWEET & SOUR PORK Barley w/Herbs Spinach Marinated Tomato & Onions Pear	19 Lentil Soup HAWAIIAN CHICKEN w/PINEAPPLE Brown Rice Asian Mixed Vegetable Chopped Asian Salad w/Romaine & Green Onions Cantaloupe	20 BEEF STEW WG Dinner Roll Carrots Creamy Cucumber Dill Salad Orange Fruited Vanilla Yogurt	21 CHICKEN MARSALA w/MUSHROOM & WHITE WINE SAUCE WG Penne Pasta Peas Marinated beet Salad Kiwi	22 Hawaiian Luau! HAWAIIAN CHICKEN Hawaiian Roll Brown Rice Broccoli Spinach Salad w/Mandarin Oranges/Coconut Cake 
25 Cream of Mushroom BBQ HAMBURGER WG Bun Broccoli Baked Beans Melon	26 CREAMY CILANTRO BAKED FISH WG Penne Pasta Biscuit Brussel Sprouts Spinach & Kale Salad Peach or Plum	27 Chicken Tortilla Soup TURKEY & CRANBERRY SALAD WG Bread Garden Salad w/Vinaigrette Coleslaw Banana	28 ROAST BEEF w/GRAVY WG Bread Mashed Sweet Potatoes Collard Greens Mandarin Orange Green Gelatin	29 Labor Day Luncheon! Orange Juice !CHILI HOT DOG! Hot Dog Bun Potato Salad Marinated Beet Salad w/Onions Watermelon 

All MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE MANAGER FOR CHOICE OF FRUIT !HIGH SODIUM! *MENU SUBJECT TO CHANGE WITHOUT NOTICE - This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended. **RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES**