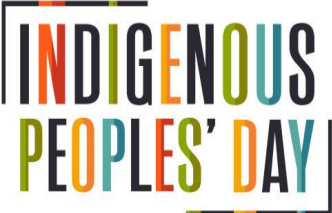


HUMAN SERVICES ASSOCIATION ✕ CERRITOS SENIOR DINING CENTER

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00			1 BEEF STEW WG Bread Carrots & Zucchini Medley Creamy Dill Cucumber Salad Kiwi	2 Sack Lunches Apple Juice TURKEY SANDWICH W/WG BREAD Pasta Swirl Salad w/Broccoli & onions Carrot Pineapple Salad Green Salad w/Tomato Slice Orange
5 Cream of Mushroom BREADED FISH WG Roll Zucchini Medley Creamy Coleslaw Watermelon Slice	6 CREAMY BASIL CHICKEN WG Barley Pilaf Peas Garden Salad w/Cucumber Cantaloupe Wedge	7 HAMBURGER WG Hamburger Bun Tomato, Lettuce Baked Beans Brussel Sprouts Orange Fruited Vanilla Yogurt	8 Corn Chowder TURKEY & CRANBERRY SALAD WG Bread Marinated Broccoli Slaw Spring Mix Salad Banana	9 Split Pea Soup ROAST BEEF w/GRAVY WG Roll Fresh Baked Sweet Potatoes Creamed Spinach Waldorf Salad
12 ALL SITES CLOSED 	13 Italian Wedding Soup TUNA SALAD SANDWICH WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Applesauce	14 SPAGHETTI W/TURKEY MEAT SAUCE WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad w/Croutons/ Banana	15 CHICKEN ENCHILADA CASSEROLE w/RED SAUCE Spanish Rice Black Beans Tomato & Cucumber Salad Orange	16 Turkey Vegetable Soup LEMON PEPPER FISH Barley Pilaf Green Beans Green Salad w/Shredded Purple Cabbage Kiwi Sherbet Ice Cream
19 Butternut Squash Soup PORK LOIN w/PEPPERCORN SAUCE WG Bread Stuffing/Carrots Mediterranean Salad Orange Oatmeal or Chocolate Chip Cookie	20 VEGETARIAN CHILI Barley w/Herbs Zucchini Chopped Spinach/Kale Salad Banana	21 HERB BAKED FISH W/DILL SAUCE WG Bread Couscous Steamed Cabbage Garden Salad w/Tomato Pineapple & Mango	22 Happy October Birthdays! TURKEY A LA KING WG Pasta Cauliflower Marinated Beet Salad Peas & Carrots Pear/" Cake" 	23 Tomato Bisque MEATLOAF WG Roll Mashed Potatoes Brussels Sprouts Marinated Garbanzo Beans Salad Apple
26 CHICKEN w/MUSHROOM GRAVY WG Spiral Pasta Cauliflower Mesclun Field Salad Cantaloupe Wedge	27 Cabbage Soup STUFFED BELL PEPPER WG Roll Mashed Potato Carrots Apple or Applesauce	28 BEEF PICADO Flour Tortilla Brown Spanish Rice Black Beans Chopped Romaine Salad Mandarin Orange w/Jicama	29 Cream of Celery Soup TUNA SALAD WG Bread Marinated Broccoli Salad Garden Salad w/Red Onion Banana	30 Halloween Luncheon !POLISH SAUSAGE! WG Hoagie Roll Sauerkraut German Potato Salad Beet & Onion Salad/Orange German Chocolate Cake

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**