

# South Pasadena Senior Center Meal Program

1102 Oxley Street, South Pasadena

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**On-Site Meal Program:** Meals are available at the Senior Center, Monday-Friday at 11:45 a.m.

**ON-SITE MEALS COST:** \$3.00 per meal (\$5.00 for persons under 55 years old)

**Home Delivery Program:** Five- or seven-day frozen meals available for weekly deliveries on Monday.

**HOME DELIVERED MEALS COST:** \$3.50 per meal

## March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Breaded Baked Fish</b> Sweet Potato Beet & Mandarin Salad Fruit & Milk	3 <b>Meatloaf w/ Gravy</b> Garlic Mashed Potatoes Brussel Sprouts Fruit & Milk	4 <b>Turkey Vegetable Stir-Fry</b> Cabbage, Cucumber, & Radish Salad Fruit & Milk	5 <b>Caribbean Chicken</b> Brown Rice Pilaf Red Beans Mesclun Salad Fruit & Milk	6 <b>Tuna Salad</b> Potato Salad Spinach Salad w/ Shredded Cabbage Fruit & Milk
9 <b>Chicken Adobo</b> Spanish Brown Rice Green Peas Marinated Bell Pepper & Tomato Fruit & Milk	10 <b>Quiche</b> Broccoli Caesar Salad Fruit & Milk	11 <b>Shepherd's Pie</b> Carrots Mixed Salad Greens Fruit & Milk	12 <b>Arroz con Pollo</b> Pinto Beans Mixed Greens & Cabbage Salad Fruit & Milk	13 <b>Baked Fish Almandine</b> Green Beans w/ Herbs Spinach Salad Fruit & Milk
16 <b>Savory Beef Stew</b> Mashed Potatoes Herbed Brussel Sprouts Fruit & Milk	17 <b>Turkey &amp; Cheese Sandwich</b> Coleslaw Salad Fruit & Milk	18 <b>St Patrick's Day Luncheon at the Senior Center</b>  <b>Advanced Registration Required.</b>	19 <b>BBQ Chicken</b> Macaroni w/ Cheese Tri-Color Coleslaw Fruit & Milk	20 <b>Vegetarian Frittata</b> Green Beans Spinach Salad w/ Shredded Cabbage Fruit & Milk
23 <b>Vegetarian Chili</b> Broccoli Mixed Greens Salad Fruit & Milk	24 <b>Hawaiian Chicken Breast</b> Brown Rice Mesclun Salad Fruit & Milk	25 <b>Turkey Milanese</b> Whole Grain Linguine Zucchini Chopped Mixed Salad Fruit & Milk	26 <b>Asian Beef Stir-Fry</b> Brown Rice Mixed Veggies Carrot Raisin Salad Fruit & Milk	27 <b>Salmon w/ Dill Sauce</b> Green Beans Beet Salad Fruit & Milk
30 <b>Mediterranean Chicken</b> Sautéed Spinach Tomato & Cucumber Salad Fruit & Milk	31 <b>Spaghetti w/ Meat Sauce</b> Green Beans Chopped Kale Salad Fruit & Milk			

NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.