

South Pasadena Senior Center Meal Program

1102 Oxley Street, South Pasadena

Phone: (626) 403-7360 | Email: seniorcenter@southpasadenaca.gov



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

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			¹ Baked Fish w/ Garlic Marsala Sauce Herbed Cannellini Beans Broccoli Salad Fruit & Milk	² BBQ Chicken OR Pork Collard Greens Coleslaw w/ Red Cabbage Macaroni & Cheese Fruit & Milk
⁵ Vegetarian Chili Broccoli Mixed Salad Greens Quinoa Pilaf Fruit and Milk	⁶ Jamaican Jerk Chicken Sweet Potato Pineapple Coleslaw Brown Rice Fruit and Milk	⁷ Potato Crusted Pollock Sandwich Herbed Lentils Fruit and Milk	⁸ Turkey Meatloaf Corn Spinach & Kale Salad Fruit and Milk	⁹ Asian Beef Stir-Fry Mixed Asian Vegetables Romaine Salad Fruit & Milk
¹² Tuna Salad Cold Plate Herbed Potato Salad Creamy Coleslaw Fruit and Milk	¹³ Linguine w/ Meat Sauce Broccoli Chopped Salad w/ Kale Fruit & Milk	¹⁴ Tandoori Chicken Wild Rice Pilaf Peas & Corn Spinach Salad Fruit & Milk	¹⁵ Beef Fajita Pinto Beans Spring Mix Salad w/ Cilantro Dressing Fruit and Milk	¹⁶ Greek Chicken Breast Roasted Carrots w/ Herbs Dill Cucumber Salad Quinoa Fruit and Milk
¹⁹ Turkey Enchilada Casserole Pinto Beans Mesclun Mixed Salad Spanish Brown Rice Fruit and Milk	²⁰ Beef Meatloaf Rosemary Mashed Potatoes Green Beans w/ Herbs Fruit and Milk	²¹ Baked Fish Jambalaya Carrots Broccoli Slaw Brown Rice Pilaf Fruit and Milk	²² BBQ Pulled Chicken Sandwich Oven-Roasted Brussel Sprouts Chopped Kale Salad Fruit and Milk	²³ Chickpea Curry Sweet Potato Spinach Salad w/ Mandarin Couscous Fruit and Milk
²⁶ Bolognese w/ Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/ Croutons Fruit and Milk	²⁷ Baked Salmon w/ Thai Chili Sauce Oven-Roasted Carrots Cauliflower w/ Herbs Fruit & Milk	²⁸ Halloween Luncheon at the Senior Center Advanced Registration Required.	²⁹ Korean BBQ Beef Steamed Broccoli Dill Cucumber Salad Brown Rice Pilaf Fruit and Milk	³⁰ Stuffed Bell Pepper Green Peas w/ Onions Romaine Salad w/ Tomato Fruit and Milk

: Vegetarian Meal

NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.