



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">SOUTH PASADENA SENIOR CENTER Reservations required in advance \$2.75 Grab n Go or \$3.00 Delivery (626) 403-7360 Weekend meals available by reservation NOTE: MENU SUBJECT TO CHANGE W/O NOTICE</p>			<p align="right">1</p> <p>Deli Chicken & Provolone Cheese Sandwich, Mayonnaise Packet, Coleslaw Salad, Cucumber Slices, Fruit 1% White Milk</p>	<p align="right">2</p> <p>Chicken Teriyaki w/ Brown Rice, Broccoli, Carrots, Fruit 1% White Milk</p>
<p align="right">5</p> <p>Chicken Alfredo, Broccoli, Diced Carrots, Fruit 1% White Milk</p>	<p align="right">6</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes, Green Beans, WG Dinner Roll, Fruit 1% White Milk</p>	<p align="right">7</p> <p>Spaghetti w/ Meat Sauce, California Vegetable Blend, Fruit 1% White Milk</p>	<p align="right">8</p> <p>Cajun Chicken Salad Sandwich, Carrot Raisin Coleslaw, Jicama Sticks, Fruit 1% White Milk</p>	<p align="right">9</p> <p>Turkey Pot Roast, Seasoned Diced Potatoes, Green Beans, WG Dinner Roll, Fruit 1% White Milk</p>
<p align="right">12</p> <p>Columbus Day Senior Center Closed</p>	<p align="right">13</p> <p>NEW! BBQ Chicken Fillet, Mac & Cheese, Baked Beans, Diced Carrots, Fruit 1% White Milk</p>	<p align="right">14</p> <p>Sweet & Sour Chicken, Brown Rice, Garbanzo & Edamame Beans Blend, Fruit 1% White Milk</p>	<p align="right">15</p> <p>Tuna Salad Sandwich, Mustard Packet, Potato Salad, Cherry Tomatoes, Fruit 1% White Milk</p>	<p align="right">16</p> <p>Chicken Burrito Bowl w/ Brown Rice, Pinto Beans, Corn, Fruit 1% White Milk</p>
<p align="right">19</p> <p>Chicken Parmesan, Potato Wedges, 5-Way Mixed Vegetables, Dinner Roll, Fruit 1% White Milk</p>	<p align="right">20</p> <p>Beef Meat Loaf w/ Gravy, Mashed Potatoes, Green Beans, WG Dinner Roll, Fruit 1% White Milk</p>	<p align="right">21</p> <p>Beef Enchilada Casserole w/ Beans & Corn Fruit 1% White Milk</p>	<p align="right">22</p> <p>Malibu Ranch Pasta Salad w/ Chicken, Cherry Tomatoes, Apricot Halves (canned) 1% White Milk</p>	<p align="right">23</p> <p>Chicken Teriyaki w/ Brown Rice, Broccoli & Carrots, Fruit 1% White Milk</p>
<p align="right">26</p> <p>Chicken Tamale Pinto Beans w/ Peas & Carrots Fruit 1% White Milk</p>	<p align="right">27</p> <p>Beef Taco Fiesta Bowl, Black Beans & Corn, Brown Rice, Fruit 1% White Milk</p>	<p align="right">28</p> <p>NEW! Meatball Sandwich w/ Mozzarella Cheese & Marinara Sauce, WG Roll, Peppers & Onions, Fruit 1% White Milk</p>	<p align="right">29</p> <p>NEW! Turkey Pastrami & Cheese Sandwich, Mustard Packet, Broccoli Slaw, Cucumber Slices, Fruit 1% White Milk</p>	<p align="right">30</p> <p>NEW! Chicken Fillet w/ French Onion Sauce, Mashed Potatoes, Green Beans, Dinner Roll, Fruit 1% White Milk</p>