Week of May 25th-31st

<u>Tuesday, May 25th</u> Chicken Noodle Soup Salisbury Steak with Potato Wedges Peas and Mushrooms Marinated Beet and Onion Salad Fresh Strawberries

Wednesday, May 26th

Club Sandwich Three Bean Salad Pears

Thursday, May 27th

Grapes Juice Fish in Lemon Sauce Brown Rice and Carrots Broccoli Slaw Grapes

> Friday, May 28th Egg Salad Gelatin Pear Lemon Pudding

Saturday, May 29th Beef and Cheese Sandwich Garden Salad Almond Cookies

<u>Sunday, May 30th</u> Chicken Teriyaki Salad Tomato Onion Salad Orange

<u>Monday, May 31st</u> All Sites Closed in Observance of Memorial Day



Grilled Chicken Tostadas

Ingredients

3 tablespoons lime juice 3 tablespoons olive oil 1 1/2 teaspoons chili powder 1 1/2 pounds boneless chicken breast 8 corn tortillas 1 can (16 ounces) refried beans Shredded cheese Shredded lettuce, Chopped tomatoes Sliced avocado Cilantro

Directions

1. Mix lime juice, oil, chili powder and salt in small bowl. Reserve 2 tablespoons for brushing chicken on the grill. Brush tortillas lightly with some of the remaining mixture. Brush chicken with remaining mixture.

2. Grill chicken over medium heat 6 to 7 minutes per side or until cooked through, brushing with reserved mixture. Grill tortillas 3 minutes or lightly browned, turning frequently. Cool chicken slightly; cut into strips.

3. To serve, spread refried beans on tortillas. Top with chicken and desired toppings.

Community Services and Parks Department

Serving Meals at Two Locations:

Adult Recreation Center/Central Park Complex

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

Sparr Heights Community Center

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday– Friday

Suggested Donation: \$2.50 Per Meal Please remember to reserve or cancel your meal at least one day in advance. Menu is subject to change without notice.

Due to COVID-19, menu has been altered based on LA County recommendations to provide frozen meal delivery, and brown bag lunches.

Please wear your mask and maintain a 6Ft distance while receiving your meals.

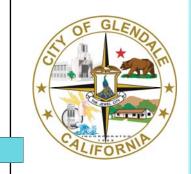


Community Services & Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please notify us of your needs at the time of reservation.



MAY 2021

Seníor Café



City of Glendale Community Services & Parks

Telephone Reservations or Cancellations call: Adult Recreation Center/Central at (818) 548-3775

Week of May 1st-6th

Saturday, May 1st Beef Sandwich Potato Salad Pears

Sunday, May 2nd Tuna Salad Tree Bean Salad Apple

<u>Monday, May 3rd</u> Waldorf Chicken Salad Tomato Onion Salad Orange

<u>Tuesday, May 4th</u> Orange Juice Chicken Fajitas Spanish Rice and Refried Beans Garden Salad Flan

> Wednesday, May 5th Fish Sandwich Beets Salad Pineapple and Mango

<u>Thursday, May 6th</u> "Mother's Day Luncheon" Roast Beef Au Jus Baked Potato with all the fixings Green Beans Almandine Baby Greens Salad Strawberry ShortCake

Week of May 7th-12th

<u>Friday, May 7th</u> Egg Salad Gelatin Pear Fresh Strawberries

Saturday, May 8th Turkey Sandwich Persian Cucumber Salad Chocolate Pudding

Sunday, May 9th Ham Pasta Salad Black Eyed Corn Salad Flavored Yogurt

Monday, May 10th Beef and Cheese Sandwich Potato Salad Rice Pudding

<u>Tuesday, May 11th</u> Teriyaki Chicken Pasta Pilaf Brussels Sprouts with Garlic Butter Garden Salad Fruit Cocktail Cup

> Wednesday, May 12th Chef's Salad Carrot Raisin Salad Sliced Cantaloupe

Week of May 13th-19th

<u>Thursday, May 13th</u> Orange Juice Pepper Steak with Winter Squash Creamy Coleslaw Cup of Juicy Apricots

> Friday, May 14th Pork Sandwich Pasta Salad Grapes

Saturday, May 15th Chicken Salad Beet and Onion Salad Vanilla Pudding

Sunday, May 16th Turkey Sandwich Broccoli Slaw Cup of Juicy Pears

Monday, May 17th BBQ Beef Sandwich Potato Salad Cookies

<u>Tuesday, May 18th</u> Tomato Soup Spinach Quiche with Rice Broccoli and Cauliflower Butterscotch Pudding

<u>May 19th</u> Waldorf Salad Carrot & Pineapple Salad Apple

Week of May 20th-24th

Thursday, May 20th Apple Juice Beef Stroganoff Noodles Winter Squash Caesar Salad Fresh Orange

Friday, May 21st Tuna Sandwich Potato Salad Cup of Fresh Mango Skives

> Saturday, May 22nd Chicken Cesar Salad Coleslaw Applesauce

<u>Sunday, May 23th</u> Pork Sandwich Cucumber, Tomato and Onion Salad Cup of Juicy Apricots

> Monday, May 24th Ham and Pasta Salad Black Eyed Corn Salad Apple Crisp Oatmeal