

Week of May 25th-31st

Tuesday, May 25th

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

Sunday, May 30th

Chicken Teriyaki Salad
Tomato Onion Salad
Orange

Monday, May 31st

*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

Senior 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

Monday, May 3rd

Waldorf Chicken Salad
Tomato Onion Salad
Orange

Tuesday, May 4th

Orange Juice
Chicken Fajitas
Spanish Rice and Refried Beans
Garden Salad
Flan

Wednesday, May 5th

Fish Sandwich
Beets Salad
Pineapple and Mango

Thursday, May 6th

"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

Friday, May 7th

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

Tuesday, May 11th

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

Thursday, May 13th

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

Tuesday, May 18th

Tomato Soup
Spinach Quiche with Rice
Broccoli and Cauliflower
Butterscotch Pudding

May 19th

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

Sunday, May 23th

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