

Week of August 27th –31st

Friday, August 27th

Tuna Sandwich
Tomato Onion Salad
Almond Cookies

Saturday, August 28th

Asian Chicken Salad
Broccoli Slaw
Canned Pear

Sunday, August 29th

Beef Sandwich
Cucumber Salad
Citrus Cup

Monday, August 30th

Turkey Sandwich
Carrot and Raisin Salad
Banana

Tuesday, August 31st

Chicken Soup
Vegetable Lasagna
Green Beans
Coleslaw
Pineapple Mango

RECIPE OF THE MONTH



WATERMELON SALAD

INGREDIENTS

3 cups watermelon cubed or balled
1 1/2 cups sliced cucumber
2 tablespoons mint thinly sliced
1/3 cup feta cheese crumbles
3 tablespoons olive oil
1 tablespoon lime juice
Salt and pepper to taste

INSTRUCTIONS

Place the watermelon, cucumber and mint in a large bowl.
In a small bowl, whisk together the olive oil, lime juice and salt and pepper.
Drizzle the dressing over the melon mixture and toss to coat. Sprinkle with feta and serve.

Community Services & Parks Department

Currently Serving Meals for Pick Up at Two Locations:

Adult Recreation Center

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.***

*Traditionally there are 3 Meal Sites open for in-person dining at ARC,
Sparr Heights and Pacific Community Center. Due to the pandemic, Meal
Sites are closed until LA COUNTY issues a reopening plan.*

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.

Senior Café Pick-Up Menu



August 2021



City of Glendale
Community Services & Parks

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

Week of August 1st-7th

Sunday August 1st,

Fish Sandwich
Potato Salad
Orange

Monday, August 2nd

Club Sandwich
Tomato and Onion Salad
Rice Pudding

Tuesday, August 3rd

Cream of Broccoli Soup
Shepherd Beef and Vegetable Pie
Three Bean Salad
Chocolate Pudding

Wednesday, August 4th

Chef's Salad
Cucumber Salad
Apple

Thursday, August 5th

Orange Juice
Chicken Marsala and Rice
Cauliflower and Broccoli
Garden Salad
Banana

Friday, August 6th

Tuna Salad
Spinach Mandarin Salad
Pumpkin Cake

Saturday, August 7th

Beef Sandwich
Three Bean Salad
Apple Crisp Oatmeal

Week of August 8th-13th

Sunday, August 8th

Turkey Sandwich
Cauliflower and Pea Salad
Grapes

Monday, August 9th

Ham and Pasta Salad
Cucumber Salad
Oranges

Tuesday August 10th

Vegetable Soup
Chicken Enchilada
Spanish Rice
Black Beans
Tomato Onion Salad
Pineapple Mango

Wednesday, August 11th

Tuna Sandwich
Carrot Gelatin
Pear

Thursday, August 12th

Roast Pork
Brown Rice
Brussels Sprouts
Garden Salad
Cantaloupe
Grape Juice

Friday, August 13th

BBQ Beef Sandwich
Potato Salad
Canned Apricot

Week of August 14th-19th

Saturday, August 14th

Egg Salad
Three Bean Salad
Strawberry

Sunday, August 15th

Fish Sandwich
Coleslaw
Banana

Monday, August 16th

Cold Pork Sandwich
Macaroni Salad
Banana

Tuesday, August 17th

Tomato Soup
Luleh Kebab
Rice
Creamy Spinach
Persian Cucumber Salad
Chocolate pudding

Wednesday, August 18th

Chicken Waldorf Salad
Three Bean Salad
Cookies

Thursday, August 19th

Salisbury Steak
Potato Wedges
Peas and Mushrooms
Marinated Beet and Onion Salad
Apple Juice

Week of August 20th-26th

Friday, August 20th

Chicken Caesar Salad
Potato Salad
Canned Peaches

Saturday, August 21st

Chef's Salad
Gelatin Pear
Apple

Sunday, August 22nd

Club Sandwich
Pasta Salad
Cookies

Monday, August 23rd

Turkey Sandwich
Cucumber Salad
Citrus Cup

Tuesday, August 24th

Stuffed Bell Pepper & Mashed Potato
Steam Broccoli
Carrot and Raisin Salad
Banana
Apple Juice

Wednesday, August 25th

Chicken Waldorf Salad
Black Eyed Peas and Corn Salad
Rice Pudding

Thursday, August 26th

Super Grande Beef Burrito
Corn
Creamy Coleslaw
Sliced Cantaloupe