

Week of December 1st-6th

**Wednesday, December 1st**

Pork Sandwich  
Carrot and Pineapple Salad  
Apple Crisp Oatmeal Topping

**Thursday, December 2nd**

**Hot Meal**

Chicken Enchilada Casserole  
Spanish Rice and Black Beans  
Tomato Bell Pepper Onion Salad  
Grapes  
Orange Juice

**Friday, December 3rd**

Tuna Salad  
Coleslaw  
Butterscotch Pudding

**Saturday, December 4th**

Chef's Salad  
Potato Salad  
Cantaloupe

**Sunday, December 5th**

Turkey Sandwich  
Beets Salad  
Apple

**Monday, December 6th**

Chicken Salad  
Three Bean Salad  
Citrus Cup

Week of December 7th-12th

**Tuesday, December 7th**

**Hot Meal**

Tomato Soup  
Fish in Dill Sauce  
Baked Potato with Sour Cream  
Peas and Mushrooms  
Broccoli Slaw  
Canned Apricots

**Wednesday, December 8th**

Quinoa Salad  
Potato Salad  
Orange

**Thursday, December 9th**

**Hot Meal**

Beef Burrito  
Corn  
Spinach and Mushroom Salad  
Pear and Apple Juice

**Friday, December 10th**

Club Sandwich  
Pasta Salad  
Canned Mango

**Saturday, December 11th**

Chicken and Pasta Salad  
Pear Gelatin  
Peach Oatmeal Cobbler

**Sunday, December 12th**

Tuna Sandwich  
Broccoli Slaw  
Chocolate Pudding

Week of December 13th-18th

**Monday, December 13th**

Chicken Waldorf  
Three Bean Salad  
Pumpkin Cake

**Tuesday, December 14th**

**Hot Meal**

Stuffed Bell Pepper  
Mashed Potatoes  
Cauliflower with Broccoli  
Persian Cucumber Salad  
Banana and Grapes Juice

**Wednesday, December 15th**

Lentil Salad  
Potato Salad  
Citrus Cup

**Thursday, December 16th**

**Hot Meal**

Luleh Kebab and Rice  
Green Beans  
Tomato Bell Pepper Onion Salad  
Cinnamon Raisin Tapioca Pudding  
Cranberry Juice

**Friday, December 17th**

Ham and Pasta Salad  
Carrot Gelatin  
Vanilla Pudding

**Saturday, December 18th**

Turkey Sandwich  
Black Eyed Peas and Corn  
Cookies

Week of December 19th-25th

**Sunday, December 19th**

BBQ Beef Sandwich  
Beet Salad  
Pineapple and Mango

**Monday, December 20th**

Caesar Salad  
Pasta Salad  
Canned Apricots

**Tuesday, December 21st**

**Hot Meal**

Roast Turkey with Potato Wedges  
Winter Squash  
Garden Salad  
Apple

**Wednesday, December 22nd**

Pork Sandwich  
Cucumber and Onion Salad  
Cantaloupe

**Thursday, December 23rd**

**"Christmas Luncheon"**

**Hot Meal**

Christmas Style Ham  
Fiesta Green Beans with Almonds  
Yam and Apple Casserole  
Tossed Salad  
Red Velvet Christmas Cake  
Cranberry Juice

**Closed**

December 24th and 25th  
Christmas Eve & Christmas Day

Week of December 26th-31st

**Sunday, December 26th**

Egg Salad  
Carrot Gelatin  
Almond Cookies

**Monday, December 27th**

Chef's Salad  
Carrot Gelatin  
Banana

**Tuesday, December 28th**

**Hot Meal**

Vegetable Soup  
Teriyaki Chicken and Rice Pilaf  
Cauliflower with Herbs  
Mixed Green Salad  
Grapes

**Wednesday, December 29th**

Fish Sandwich  
Coleslaw  
Orange

**Thursday, December 30th**

**NEW YEAR'S LUNCHEON**

**Hot Meal**

Roast Beef Au Jus  
Mashed Potatoes & Black-eye Peas  
Broccoli Spears and Dinner Roll  
Pistachio Ambrosia  
Apple Juice

**Closed December 31st**



December Meal of the Month

*Creamy Chicken Wild Rice Soup*



**Ingredients**

3/4 cup cooked wild rice  
1 cup diced carrots, celery, and onion  
4 Tbsp. butter, diced, divided  
1 clove garlic, minced  
1 cup shredded chicken  
2 cup low-sodium chicken broth  
1/4 tsp of dried herbs  
Salt and ground black pepper to taste  
1 Tbsp. all-purpose flour  
1 1/2 cups milk and splash of heavy cream

**Instructions**

Melt 1 Tbsp. butter over heat. Add onion, carrots, celery and garlic and sauté for 4 minutes.

Add chicken broth, herbs, salt and black pepper, shredded chicken and cooked rice and bring mixture to a boil.

Make a roux with flour and butter and add to soup. Slowly pour milk into soup. Cook mixture, stirring constantly until it thickens. Cover with lid and stir occasionally.

Enjoy this Winter soup with Saltine Crackers.

Community Services & Parks Department

**Serving Meals 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

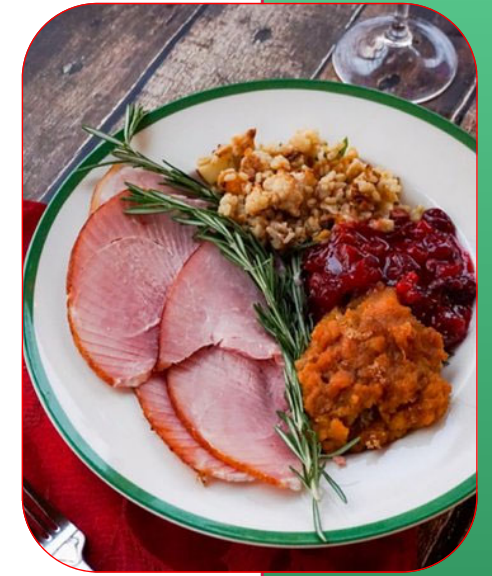
**Suggested Donation: \$2.50 Per Meal**

Please remember to reserve or cancel your meal at least one day in advance. Menu is subject to change without notice.

Due to the COVID-19 pandemic, the congregate meals menu has been altered based on LA County recommendations to provide frozen meal delivery and Grab and Go lunches. Please wear your mask and maintain 6ft. distance while receiving your meals.

Traditionally there are 3 Meal Sites open for in-person dining: ARC, Sparr Heights and Pacific Community Center. Currently, Meal Sites are closed for in-person dining 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

DECEMBER 2021



City of Glendale  
Community Services & Parks  
Department

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