

Week of March 25th –31st

Saturday, March 25th

Turkey Ala King with Biscuit
*Twisted Macaroni
Green Beans
Coleslaw
Fresh Pear

Sunday, March 26th

*Bread and Beef Stew
Spinach Mandarin Salad
Fresh Apple

Monday, March 27th

Mushroom Cream Soup and *Bread
Chicken Waldorf Salad
Broccoli Slaw
Cantaloupe

Tuesday, March 28th

Carne Asada with *Tortilla
Spanish Rice & Pinto Beans
Tomato Bell Pepper Onion Salad
Banana
Cranberry Juice

Wednesday, March 29th

Chicken Marsala & *Twisted Macaroni
Cauliflower
Spinach Salad
Fresh Pear

Thursday, March 30th

*Bread
Salisbury Steak and Mashed Potato
Coleslaw
Fresh Apple

Friday, March 31st

Fish Vera Cruz and Barley Pilaf
Mixed Vegetable
Green Salad
Strawberry
Pumpkin Cake

St. Patty's Day Classic Irish Stew



INGREDIENTS

- 1lb. beef stew meat, cut in chunks
- Salt/Pepper
 - 1/4 cup olive oil
 - 6 large garlic cloves, minced
 - 4 cups beef stock or broth
 - 2 cups water
 - 1/4 cup red wine vinegar
 - 2 tablespoons tomato paste
 - 1 tablespoon dried thyme
 - 2 tablespoons butter
 - 3 potatoes, peeled, cut into chunks
 - 1 large onion, chopped
 - 2 cups 1/2-inch pieces peeled carrots
 - 2 tablespoons chopped fresh parsley

DIRECTIONS

Brown the beef in the olive oil and butter. Add all the veggies and sauté. Add the liquids and stir. Bring to a boil, then reduce to simmer and braise for 2 hours. Add the herbs and seasonings and simmer for additional 15 minutes then enjoy with crusty bread.

Community Services & Parks Department

Serving Meals at Three Locations:

Adult Recreation Center

201 E Colorado St
Glendale Ca 91205
(818) 548 3775

Lunch Served: 7 days a week!

Grab and Go 11:00a.m.-11:30a.m.

In-Person 12:30p.m.-1:30p.m.

Saturday and Sunday 11:30a.m.-12:30p.m.

Sparr Heights Community Center

1613 Glencoe Way
Glendale Ca 91208
(818) 548 2187

Lunch Served: Monday– Friday

Grab And Go & in-Person 11:30a.m.-12:30p.m.

Pacific Community Center

501 South Pacific Ave
Glendale Ca 91204
818 548 3778

Lunch Served: Monday, Wednesday, Friday

(Currently Closed)

Suggested Donation: \$2.50 Per Meal

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.

**Denotes "Whole Grain" food as part of the meal.*



Senior Café Pick-Up Menu

March
2023



City of Glendale
Community Services & Parks

Telephone Reservations or
Cancellations call:
Adult Recreation Center
(818) 548-3775
(818) 548-3778

Week of March 1st-6th

Wednesday, March 1st

Lentil Soup
Ortega Chili Quiche
*Buttered Noodles
Summer Medley Squash
Tomato, Bell Peppers, Onion Salad
Fresh Apple

Thursday, March 2nd

Roast Pork and Brown Rice
Carrot Coins with Parsley
Tossed Green Salad
Fresh Orange

Friday, March 3rd

*Bread
Garlic Butter Fish and Baked Yam
Green Pears with Onion
Broccoli Slaw
Banana
Chocolate Pudding

Saturday, March 4th

*Bread
Stuffed Bell Pepper
Mashed Potatoes
Mixed Salad Greens
Pineapple and Mango

Sunday, March 5th

*Bread
Tuna Casserole
Broccoli
Spinach Salad with Mushroom
Fresh Pear

Monday, March 6th

*French Roll and Navy Bean Soup
BBQ Pork Sandwich and Green Peas
Mashed Potato and Coleslaw
Honeydew Melon

Week of March 7th-12th

Tuesday, March 7th

Turkey Divan with Broccoli
*Noodles
Caesar Salad
Whole Apple
Peach Crisp with Oatmeal Topping

Wednesday, March 8th

*Pita Bread
Luleh Kebab and Basmati Rice
Corn
Marinated Beet Salad
Fresh Orange

Thursday, March 9th

*Bread
Oven Fried Chicken & Sweet Potato
Brussels Sprouts
Garden Salad
Strawberries

Friday, March 10th

*Bread
Fish Dill Sauce & *Twisted Macaroni
Cauliflower
Persian Cucumber Salad
Apricots in Juice
Apple Juice

Saturday, March 11th

Grilled Chicken Breast
Quinoa Pilaf
Creamy Spinach
Green Salad
Banana

Sunday, March 12th

Roast Pork and Barley Pilaf
Green Pears
Carrot Raisin Salad
Fresh Orange

Week of March 13th-18th

Monday, March 13th

*Bread
Curry Chicken and Brown Rice
Carrot Coins
Three Bean Salad
Fresh Pear
Orange Juice

Tuesday, March 14th

Roast Pork with *Bread Dressing
Creamy Spinach
Marinated Tomato Onion Salad
Fresh Orange

Wednesday, March 15th

*Bread
Stuffed Bell Pepper and Couscous
Green Beans
Garden Salad
Cantaloupe

Thursday, March 16th

Grande Chicken Burrito
Corn
Creamy Coleslaw
Fresh Apple
Banana Pudding

Friday, March 17th

St. Patrick's Day

*Dinner Roll
Corned Beef and Cabbage
Boiled Red Potato with Parsley
Carrot and Raisin Salad
St. Patrick's Day Cake
Grapes
Orange Juice
(High Sodium Meal)

Saturday, March 18th

*Bread
Shepherd's Beef Pie and Green Salad
Fresh Kiwi

Week of March 19th-24th

Sunday, March 19th

Chicken Parmesan and *Spaghetti
Summer Squash
Caesar Salad
Mango in Juice

Monday, March 20th

Beef Broccoli Stir Fry
*Noodles
Marinated Cucumber & Onion
Fresh Grape

Tuesday, March 21st

*Bread
Vegetable Soup
Armenian Chicken
Barley Pilaf
Normandy Vegetables
Garden Salad with Radish
Citrus Cup

Wednesday, March 22nd

*Bread
Yankee Pot Roast
Mashed Potatoes
Winter Squash
Sweet Broccoli Salad
Banana and Vanilla Pudding

Thursday, March 23rd

Chicken Piccata with *Spaghetti
Zucchini and Yellow Squash
Tossed Green Salad
Fresh Orange

Friday, March 24th

*Tortilla Fish Taco
Brown Rice
Pinto Beans
Caesar Salad
Cantaloupe