

## Week of July 25th-July 31st

### Tuesday, July 25th

Chicken Enchilada  
Spanish Brown Rice & Refried Beans  
Mixed Green Salad  
Fresh Apple  
100% Orange Juice

### Wednesday, July 26th

Salmon Croquets with White Dill Sauce  
Mashed Potato & Steamed Broccoli  
Red and White Cabbage  
Pear in Juice

### Thursday, July 27th

Turkey Tetrazzini with \*Pasta  
Green Beans  
Carrot Pineapple Salad  
Fresh Orange and Chocolate Pudding

### Friday, July 28th

\*Tortilla Fish Taco and White Rice Pilaf  
Corn  
Tomato Cucumber Onion Salad  
Mango in Own Juice

### Saturday, July 29th

Meat Ball Soup  
Chicken Marsala and Quinoa Pilaf  
Carrot Coins  
Sweet Broccoli Salad  
Fresh Strawberries

### Sunday, July 30th

\*Corn Bread Pork Riblet  
Roasted Red Skinned Potatoes  
Sauté Spinach  
Garden Salad  
Pear and 100% Grapes Juice

### Monday, July 31st

Turkey Meatloaf and Bulgur Pilaf  
Corn  
Spinach and Mushroom Salad  
Pineapple Mango

## RECIPE OF THE MONTH



### Watermelon Feta Salad

#### Ingredients

2 cups arugula  
4 cups watermelon squares  
½ cup red onion finely sliced  
½ cup feta cheese  
¼ cup Mint julienned  
Balsamic glaze:  
1 TBS balsamic vinegar  
½ tsp Dijon mustard  
1 tsp honey

#### Preparation

Assemble the salad.

Arrange the arugula in an even layer on a serving dish. Evenly spread the watermelon and red onion on top of the arugula.

Sprinkle feta cheese over the watermelon. Drizzle the balsamic glaze over the salad, and gently toss the salad to combine the ingredients and garnish with fresh mint.

Community Services & Parks Department

### Serving Meals at Three Locations:

#### Adult Recreation Center

201 E Colorado St

Glendale Ca 91205

818 548 3775 or 818 548 3778

Lunch Served: 7 days a week!

#### Sparr Heights Community Center

1613 Glencoe Way

Glendale Ca 91208

818 548 2187 or 818 548 3778

Lunch Served: Monday– Friday

#### Pacific Community Center

(Currently Closed)

501 S Pacific

Glendale CA 91204

818 548 3778

Lunch Served: Monday, Wednesday & Friday

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

### ***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

# JULY 2023



Telephone Reservations or Cancellations call:

Adult Recreation Center at  
(818) 548-3775 or (818)548-3778

City of Glendale  
Community Services & Parks

## Week of July 1st—July 6th

### Saturday, July 1st

Turkey Cacciatore with \*Noodles  
Green Beans  
Coleslaw  
Fresh Pear

### Sunday, July 2nd

Egg Puff  
Brown Rice  
Brussels Sprouts  
Tossed Green Salad  
Banana

### Monday, July 3rd

#### ***“Happy 4th of July Luncheon”***

*Jumbo Beef Hamburger*  
*Potato Salad*  
BBQ Baked Beans  
Watermelon  
Orange Juice

### Tuesday, July 4th

***Elderly Nutrition Program***  
***is CLOSED on***  
***Independence Day***

### Wednesday, July 5th

\*Dinner Roll  
Roast Pork and Quinoa Pilaf  
Peas & Carrots  
Garden Salad  
Fresh Orange  
Almond Cookies

### Thursday, July 6th

Tomato Soup  
Turkey Divan in Gravy and Bulgur Pilaf  
Harvard Beets  
Spinach Salad  
Citrus Cup

## Week of July 7th—July 12th

### Friday, July 7th

\*Bread & Fish in Dill Sauce  
Baked Yam and Green Beans  
Mixed Green Salad  
Fresh Grapes and Orange Juice

### Saturday, July 8th

\*Corn Bread  
Beef and Vegetable Stew  
Tomato Bell Pepper Onion Salad  
Cantaloupe

### Sunday, July 9th

Herb Chicken with \*Couscous  
Steamed Cauliflower & Broccoli  
Marinated Beets Salad  
Pineapple Mango in Juice

### Monday, July 10th

Pork Chop Suey  
Brown Rice and Crispy Chinese Noodles  
Chinese Cabbage Slaw  
Banana and Vanilla Pudding

### Tuesday, July 11th

\*Bread  
Roast Turkey and Red Skin Potatoes  
Assorted Salad Green  
Fresh Cantaloupe  
Orange Juice

### Wednesday, July 12th

Minestrone Soup  
Italian Meatballs and \*Spaghetti  
Brussels Sprouts  
Caesar Salad  
Fresh Apple

## Week of July 13th—July 18th

### Thursday, July 13th

\*Pita Bread  
Armenian Chicken with Basmati Rice  
Corn with Red Pepper  
Persian Cucumber Salad  
Fresh Orange

### Friday, July 14th

\*Bread  
Breaded Fish with Tartar Sauce  
Baked Potato with Sour Cream  
Buttered Squash  
Creamy Coleslaw  
Canned Pear in Juice

### Saturday, July 15th

Lentil Soup and \*Bread  
Cold Pork Sandwich  
Coleslaw with Cilantro  
Mandarin Oranges in Juice

### Sunday, July 16th

\*Corn Bread and Shepherd's Beef  
Lettuce & Mushroom Salad  
Fresh Strawberries  
Grapes Juice

### Monday, July 17th

Vegetable Soup  
Chicken Piccata and \*Couscous  
Baby Carrots  
Tossed Green Salad  
Fresh Orange

### Tuesday, July 18th

\*Bread  
New England Pot Roast and Mashed Potatoes  
Green Beans  
Garden Salad  
Fresh Banana & 100% Apple Juice

## Week of July 19th—July 24th

### Wednesday, July 19th

Biscuit  
Turkey ala King and \*Noodles  
Creamy Coleslaw  
Apricots In Juice  
Ice Cream

### Thursday, July 20th

Creamy Mushroom Soup and \*French Roll  
BBQ Pork and Potato Wedges  
Brussels Sprouts  
Fresh Strawberries

### Friday, July 21st

Garlic Butter Fish and Bulgur Pilaf  
Zucchini with Tomatoes  
Mixed Salad Green with Mushroom  
Fresh Cantaloupe

### Saturday, July 22nd

Spinach Quiche  
Brown Rice and Pinto Beans  
Marinated Tomatoes Salad  
Fresh Pear  
100% Grapes Juice

### Sunday, July 23rd

Navy Bean Soup and \*Bread  
Turkey Sandwich  
Broccoli Slaw  
Carrot Gelatin  
Pineapple Chunks

### Monday, July 24th

\*Bread  
Stuffed Bell Pepper  
Mashed Potatoes  
California Blend Vegetables  
Marinated Beets Salad  
Peaches in Juice