

Lunch Program Information

Lunch is served on a first come first served basis every Monday-Friday from 11:15am-12pm

Must be registered to participate.

Fees

Resident \$1.25
Non-Resident: \$3.25
Caregiver: \$4.25

**Limit one ticket per customer
All meals are subject to
change without notice**



January 27th-31st

Monday, January 27th

CHICKEN PARMESAN
Whole Wheat Spaghetti
Sourdough Bread
Broccoli Slaw
Winter Squash
Banana

Tuesday, January 28th

BEEF FAJITAS
Seasoned Brown Rice
Flour Tortilla
Pinto Beans
Spinach Salad w/Mandarin Oranges

Wednesday, January 29th

CHICKEN DIVAN
Vegetable Soup
Barley w/Herbs
Green Beans
Corn & Coleslaw
Canned Peaches

Thursday, January 30th

STUFFED PEPPER
Whole Grain Dinner Roll
Mashed Potatoes
Tossed Salad
Pineapple Chunks w/Mango

Friday, January 31st

OMELET W/PEPPERS & ONIONS
Whole Grain Wheat Bread
Yams
Mesclun Salad
Chocolate Pudding
Orange Juice

Check out what fruits and veggies are in season this month:

- Mango
- Orange
- Pears
- Apples
- Banana
- Strawberries
- Peaches
- Kiwi
- Pineapple
- Cantaloupe
- Tangelo

Fried Oreos



Ingredients:

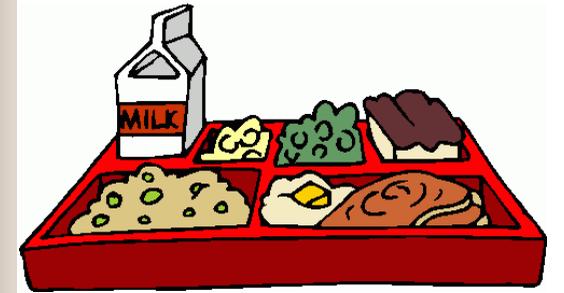
2 quarts of vegetable oil for frying, 1 large egg, 1 cup of milk, 2 teaspoons of vegetable oil, 1 cup of pancake mix, 1 packet of Oreos

Directions:

- Heat oil in deep-fryer to 375 degrees F
- Mix together the ingredients in a bowl and stir
- Dip the cookies into the batter and place into the hot oil.
- Cook until the cookies are golden-brown which is about 2 minutes

GARVEY CENTER 2020

★ LUNCH MENU ★



January

9108 Garvey Ave.
Rosemead, Ca. 91770

Phone: 626-569-2212
Phone: 626-569-2215

January 1st-3rd

Wednesday, January 1st
CLOSED

Thursday, January 2nd
PORK CHOP SUEY
Albondigas Soup
Brown Rice
Broccoli
Marinated Tomato Salad
Canned Peaches

Friday, January 3rd
VEGETABLE QUICHE
Whole Grain Roll
Barley w/ herbs
Butternut squash
Spinach Salad w/ Mandarins
Tapioca Pudding
Grape Juice



January 6th-10th

Monday, January 6th
TACO SALAD
Whole Grain Rice
Pinto Beans
Lettuce, Cabbage & Tomatoes
Oatmeal Cookie
Orange Juice

Tuesday, January 7th
BBQ CHICKEN
Cream Of Mushroom Soup
Whole Grain Roll
Yams
Coleslaw
Banana

Wednesday, January 8th
BEEF LASAGNA
Whole Grain Roll
Green Beans
Romaine Salad
Pineapple & Mango

Thursday, January 9th
LEMON PEPPER CHICKEN
Butternut Squash Soup
Brown Rice
Whole Grain Bread
Vegetable Blend
Spinach Salad
Pears

Friday, January 10th
SWEET & SOUR PORK
Whole Grain Bread
Zucchini & Yellow Squash
Mashed Potatoes
Carrot Raisin Salad
Strawberries

January 13th-17th

Monday, January 13th
CHICKEN CHIPOTLE
Whole Grain Bread
Brown Rice
Yams
Mixed Green Salad
Cantaloupe

Tuesday, January 14th
CHILI MAC
Saute Spinach
Marinated Tomato Bell Pepper Salad
Cinnamon Applesauce

Wednesday, January 15th
HONEY MUSTARD CHICKEN
Split Pea Soup
Whole Grain Roll
Winter Squash
Broccoli
Banana

Thursday, January 16th
SWEDISH MEATBALLS
Vegetable Soup
Whole Grain Bread
Carrots
Cucumber Salad
Pineapple & Mango

Friday, January 17th
BAKED FISH W/ CRUMB TOPPING
Barley Pilaf
Harvard Beets
Coleslaw
Butterscotch Pudding
Grape Juice

January 20th-24th

Monday, January 20th
CLOSED

Tuesday, January 21st
CRISPY CHICKEN
Corn Chowder
Whole Grain Bread
Fresh Baked Sweet Potato
Romaine Salad
Banana

Wednesday, January 22nd
MEAT LOAF
Tomato Basil Soup
Mashed Potatoes
Whole Grain Bread
Seasoned Carrots
Mesclun Salad
Orange

Thursday, January 23rd
CHICKEN ENCHILADA
Seasoned Brown rice
Pinto Beans
Coleslaw
Chocolate Chip Cookie
Grape Juice

Friday, January 24th
BBQ PORK
Whole Grain Bread
Macaroni Salad
Green Beans
Marinated Cucumber Salad
Cantaloupe
Apple Juice