OSEC - ONEgeneration Senior Enrichment Center Dining: Main Office: 818 705-2345

# September 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| **Low-Fat Milk (8oz) is included daily.**<br>*Suggested contribution $3.00 per meal.*<br>**Menu is subject to change without notice.** | **Linguine w/Meat Sauce** 1<br>(Ground Turkey, L/S Tomato)<br>Broccoli<br>***Chopped Salad w/Kale<br>Fresh or Unsweetened Pear OR Peach<br>Whole Grain Linguine | **Tandoori Chicken** 2<br>Peas<br>**Spinach Salad<br>*Pineapple & Mandarin Fruit Cup<br>Wild Rice Pilaf | **Beef Fajita** 3<br>Beef Strips, Peppers & Onions<br>**L/S Fideo Soup**<br>L/S Pinto Beans<br>Spring Mix Salad<br>*Cantaloupe OR Diced Mango<br>Whole Grain Warm Tortilla | **Labor Day Menu** 4<br>**Cheeseburger**<br>(Ground Beef, Cheese, Lettuce, Tomato & Onion, Mustard, Ketchup, Mayo)<br>Roasted Carrots w/Herbs<br>Corn<br>* Strawberries<br>Whole Grain Bun<br>*Have a great Labor Day Weekend!* |
| Closed 7<br> | **Beef Meatloaf** 8<br>(Ground Beef, Mushroom sauce)<br>Rosemary Mashed Potatoes<br>Green Beans w/Herbs<br>*Orange<br>Whole Grain Roll | **Baked Fish Jambalaya** 9<br>(Tilapia)<br>**L/S Garden Vegetable Soup**<br>**Carrots<br>***Broccoli Slaw<br>Fresh or Unsweetened Plum or Pear<br>Brown Rice Pilaf<br>Lemon Pudding | **BBQ Pulled Chicken Sandwich** 10<br>Oven Roasted Brussels Sprouts<br>*Chopped Salad w/Kale<br>Apple<br>Whole Grain Roll | **Chick Chana Masala** 11<br>(Chickpea Curry, Tomato, Garlic, Onion)<br>**Sweet Potato<br>***Spinach Salad w/Mandarin<br>Banana<br>Whole Grain Couscous<br>Naan Bread |
| **Bolognese w/Penne Pasta** 14<br>(Ground Beef, Tomato Sauce)<br>Herbed Zucchini & Yellow Squash<br>Caesar Salad<br>*Orange<br>Whole Grain Penne Pasta | **Baked Salmon w/Thai Chili Sauce** 15<br>**L/S Leek Soup**<br>**Oven Roasted Carrots<br>Cauliflower w/Herbs<br>*Pineapple/Mango Fruit Cup<br>Whole Grain Roll | **Mexican Independence Menu** 16<br>**Beef Tamale**<br>L/S Pinto Beans<br>*Shredded Cabbage Salad<br>Fresh Fruit in Season<br>Whole Grain Roll | **Korean BBQ Beef** 17<br>**L/S Tofu Vegetable Soup**<br>Steamed Broccoli**<br>Dill Cucumber Salad<br>*Mandarin Fruit Cup<br>Brown Rice Pilaf | **Stuffed Bell Pepper** 18<br>(Ground Turkey, Barley in entrée)<br>Green Peas w/Onions<br>Romaine Salad w/Tomato<br>Fresh Fruit in Season<br>*Orange Juice<br>Dinner Roll |
| **Arroz con Pollo** 21<br>(Brown Rice in entrée)<br>L/S Pinto Beans<br>*Shredded Cabbage Salad & Radish<br>Apple | **Curried Lentils** 22<br>(herbs, spices, tomato)<br>**L/S Butternut Squash Soup**<br>**Broccoli<br>Tossed Salad w/Romaine<br>*Orange<br>Quinoa | **Beef Stroganoff** 23<br>(Ground Beef)<br>**Parslied Carrots<br>Mesclun Salad<br>*Pineapple OR Kiwi<br>Whole Grain Noodles | **Chicken Cobb Salad** 24<br>(L/S Herbed Chicken, Hard Cooked Egg)<br>**Vegetable Soup**<br>***Mixed Salad Greens w/Tomatoes & Bell Pepper, & Corn<br>Fresh Seasonal Fruit<br>Whole Grain Roll | **Herb Crusted Tilapia w/Lemon Sauce** 25<br>**Tomato Soup**<br>L/S Seasoned Green Beans<br>***Spinach/Kale Salad w/Cucumber, Mandarin Orange<br>Banana<br>Whole Grain Roll<br>Yogurt Parfait w/Berries |
| **Turkey Burger** 28<br>(Lettuce, Tomato, Onion, Mustard, Ketchup)<br>**L/S Corn Chowder**<br>**L/S Baked Beans<br>**Carrots<br>*Orange<br>Whole Grain Bun | **Savory Beef Stew** 29<br>(Beef Cubes, Carrots, Celery, Onion, Garlic**)<br>Green Peas & Pearl Onions<br>Mashed Potatoes<br>*Fruit Cup<br>Whole Grain Roll | **Chicken Mole** 30<br>Squash Medley<br>Spring Salad Mix<br>***Mango<br>Spanish Brown Rice<br>Warm Corn OR Flour Tortilla<br>Chocolate Chip or Oatmeal Cookie | **Department of Aging Requirements:**<br>Lunch meets 1/3 requirement for the Recommended Daily Allowance.<br>* Meets Vitamin C requirement<br>**Meets Vitamin A requirement<br>***Meets Vitamin A & C<br>[=] Potassium-rich [&] High in Fiber | |