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

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Arroz con Pollo 2 (Brown Rice in entrée) L/S Pinto Beans *Shredded Cabbage Salad & Radish Apple	**Curried Lentils** 3 (herbs, spices, tomato) **L/S Butternut Squash Soup** **Broccoli Tossed Salad w/Romaine *Orange Quinoa	**Beef Stroganoff** 4 (Ground Beef) **Parslied Carrots Mesclun Salad *Pineapple OR Kiwi Whole Grain Noodles	**Honey Mustard Chicken** 5 Peas & Corn *Marinated Bell Pepper & Tomato Salad Fresh Pear Barley Pilaf	**Herb Crusted Tilapia** 6 **w/Lemon Sauce** **Tomato Soup** L/S Seasoned Green Beans ***Spinach/Kale Salad w/Cucumber, Mandarin Orange Banana Whole Grain Roll Yogurt Parfait w/Berries
Turkey Burger 9 (Lettuce, Tomato, Onion, Mustard, Ketchup) **L/S Corn Chowder** **L/S Baked Beans **Carrots *Orange Whole Grain Bun	**Savory Beef Stew** 10 (Beef Cubes, Carrots, Celery, Onion, Garlic**) Green Peas & Pearl Onions Mashed Potatoes *Fruit Cup Whole Grain Roll	**Veterans Day** 11 	**Baked Fish w/Garlic Marsala Sauce** 12 **L/S Garden Vegetable Soup** L/S Herbed Cannellini Beans ***Broccoli Salad Cinnamon Applesauce OR Apple Whole Grain Pasta	**BBQ Chicken** 13 **Collard Greens ***Coleslaw w/Red Cabbage & Carrots Fresh Fruit in Season Macaroni & Cheese Whole Grain Roll
Vegetarian Chili 16 (L/S Pinto & Kidney Beans, Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Fruit Cup OR Kiwi Quinoa Pilaf	**Jamaican Jerk Chicken** 17 **Sweet Potato *Pineapple Coleslaw Fresh Fruit in Season Jasmine Brown Rice OR Brown Rice	**Potato Crusted Pollock** 18 **Sandwich** **L/S Cream of Mushroom Soup** (Lettuce, Tomato, Onion, Tartar Sauce) L/S Herbed Lentils *Orange Whole Grain Bun	**Turkey Meatloaf** 19 Corn ***Spinach/Kale Salad w/Mandarin Oranges Banana Whole Grain Bread Vanilla or Chocolate Pudding	**Asian Beef Stir Fry** 20 **L/S Hot & Sour Soup** (Beef Strips, Mixed Asian Vegetables - Broccoli, Bell Peppers, Onions) Romaine Salad *Mango Fruit Cup Pineapple Sauté Brown Rice
Tuna Salad Cold Plate 23 (Celery & Onion) **L/S Tomato Basil Soup** Herbed Potato Salad *Creamy Coleslaw Baked Apple OR Unsweetened Applesauce Whole Grain Roll	**Linguine w/Meat Sauce** 24 (Ground Turkey, L/S Tomato) Broccoli ***Chopped Salad w/Kale Fresh or Unsweetened Pear OR Peach Whole Grain Linguine	**Thanksgiving Menu** 25 **Turkey Breast w/gravy** Cranberry sauce Green Beans w/almonds or Asparagus *Tossed Green Salad /Romaine, Spinach & Mandarin Oranges Herb Stuffing *[=]Orange Juice Whole Grain Roll Pumpkin Pie or Tart	**Thanksgiving Day** 26 **We will be CLOSED Thursday & Friday** 	**Day After Thanksgiving** 27
Turkey Enchilada Casserole 30 (Ground Turkey, Tomato Sauce, Tortilla, Cheese Garnish) L/S Pinto OR Black Beans Mesclun Mixed Salad ***Mango Fruit Cup Spanish Brown Rice		**Low-Fat Milk (8oz) is included daily.** *Suggested contribution* **$3.00 per meal.** **Menu is subject to change without notice.**	**Community Investment Dept. Requirements:** Lunch meets 1/3 requirement for the Recommended Daily Allowance. * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [=] Potassium-rich [&] High in Fiber	