OSEC - ONEgeneration Senior Enrichment Center Dining: 818 705-2602 or Main Office: 818 705-2345

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Department of Aging 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	**Low-Fat Milk (8oz) is included daily.** ***Suggested donation - $3.00 per meal.*** **Menu is subject to change without notice.**		**1** Closed	**Asian Beef Stir Fry** **2** **Hot & Sour Soup** Mixed Asian Vegetables** (Broccoli, Bell Peppers, Onions) **Carrot Raisin Salad *Kiwi Brown Rice
Mediterranean Chicken **5** **Sauté Spinach LS Tomato & Cucumbers Salad *Kiwi OR Orange Barley w/Herbs	**Spaghetti w/Meat Sauce** **6** (Ground Turkey, LS Tomato) **LS Mushroom Soup** Green Beans ***Chopped Salad w/Kale Fresh or Unsweetened Pear OR Peach Whole Grain Spaghetti Chocolate Pudding	**Beef Fajita (Strips)** **7** (Peppers & Onions) LS Pinto Beans Tossed Green Salad *Cantaloupe or Tangerine Whole Grain Warm Tortilla	**LS Roast Turkey Breast** **8** **w/LS Gravy** **Fresh Baked Yam or Sweet Potato Herbed Brussel Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread	**Baked Fish w/Tartar sauce** **9** **Corn Chowder Soup** Herb Roasted Potatoes *Creamy Coleslaw Baked Apple OR Unsweetened Applesauce Whole Grain Roll
Korean BBQ (Beef) **12** w/LS Korean BBQ sauce Herb Zucchini ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice	**Fish Vera Cruz** **13** **LS Garden Vegetable Soup** LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread OR Warm Whole Grain Tortilla	**Chicken Dijon** **14** **LS Tomato Basil Soup** Green Beans ***Chopped Salad W/Kale, Lettuce, Cucumber, Carrots Fresh or Unsweetened Peaches OR Peach Whole Grain Roll	**Stuffed Bell Pepper** **15** (Ground Beef, Barley in Entrée) Green Peas Romaine Salad w/Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie	**Martin Luther King Jr.** **16** **Oven Fried Chicken** [=]Seasoned Greens or Spinach** Whipped Turnips Tossed Green Salad Fresh Fruit in Season *[=]Orange Juice Corn Bread Brown Rice Pilaf Rice Pudding
19 Closed **Martin Luther King Jr. Day** 	**House Made Meatloaf** **20** **w/Gravy** (Ground Beef) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll	**Turkey Vegetable Stir-fry** **21** **LS Vegetable Soup** Asian Veg. Blend (Broccoli, Bamboo Shoots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame dressing Poached Ginger Pear OR unsweetened canned Lo Mein Noodles Whole Grain Bread	**Caribbean Chicken** **22** LS Red Beans **Mesclun Salad w/Shredded Carrots *Kiwi Brown Rice Pilaf	**Bolognese** **23** **w/Penne Pasta** (Ground Beef, Tomato sauce) Herbed Zucchini & Yellow Squash Caesar Salad w/croutons Fruit Cup (Apple & Melon) *Orange Juice Whole Grain Pasta Vanilla Pudding
Chicken Adobo **26** Green Peas ***Marinated Bell Pepper & Tomato Fresh or Unsweetened Pear or Peach Spanish Brown Rice	**Quiche** **27** (Eggs, Tofu, Spinach, Mushrooms, Cheese Garnish) **L/S Italian Wedding Soup** **Broccoli Caesar Salad w/Caesar Drg. *Orange Whole Grain Bread	**Shepherd's Pie** **28** (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll	**Baked Fish Almandine** **29** **L/S Mushroom Soup** Green Beans w/Herbs ***Spinach Salad w/Kale, Cucumber, Mandarin Orange Barley w/Herbs Yogurt Parfait w/Berries	**Arroz con Pollo** **30** (Brown Rice in entrée) LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish Apple