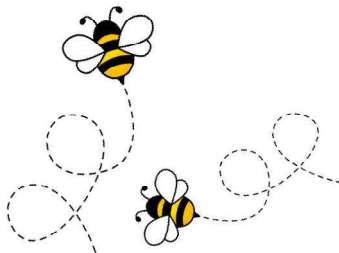


ONEgeneration Meal Program – Wilkinson Senior Center

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Bolognese <u>3</u> (ground beef, LS tomato sauce & WG penne pasta) Herbed Zucchini & Yellow Squash Caesar Salad w/ Croutons *Orange	Baked Salmon <u>4</u> w/ LS Thai Chili Sauce **Oven Roasted Carrots Cauliflower w/ Herbs *Pineapple/Mango Fruit Cup Whole Grain Roll	Turkey Caprese Bowl <u>5</u> (LS turkey, ***spinach salad w/ kale, shredded cabbage, tomato, LS garbanzo beans, & cheese garnish) LS Minestrone Soup *Strawberries or Cantaloupe Whole Grain Roll	Korean BBQ Beef <u>6</u> (beef strip steak w/ LS sauce) Steamed Broccoli** Dill Cucumber Salad *Mandarin Fruit Cup Brown Rice Pilaf	Stuffed Bell Pepper <u>7</u> (ground turkey & barley) Green Peas w/ Onions Brussels Sprouts Romaine Salad w/ Tomato Fresh Fruit in Season *100% Orange Juice Dinner Roll
Arroz con Pollo <u>10</u> (chicken in LS sauce) Brown Rice LS Pinto Beans *Shredded Cabbage & Radish Salad Apple	Curried Lentils <u>11</u> (cooked lentils w/ herbs, spices & LS tomato) LS Butternut Squash Soup **Broccoli Tossed Romaine Salad *Orange Quinoa	Beef Stroganoff <u>12</u> (ground beef w/ LS sauce) **Parslied Carrots Mesclun Salad *Pineapple or Kiwi Whole Grain Noodles	Chicken Cobb Salad <u>13</u> (LS herbed chicken, hard cooked egg, ***mixed salad greens w/ corn, tomatoes, & bell pepper) LS Vegetable Soup Fresh Seasonal Fruit Whole Grain Roll	Herb Crusted Tilapia <u>14</u> w/ LS Lemon Sauce LS Tomato Soup LS Seasoned Green Beans ***Spinach & Kale Salad w/ Cucumber & Mandarin Banana WG Roll Yogurt Parfait w/ Berries
Turkey Burger <u>17</u> LS Corn Chowder Lettuce, Tomato, Onion **LS Baked Beans **Carrots *Orange Whole Grain Bun	Savory Beef Stew <u>18</u> (beef cubes, **carrots, celery, onion & garlic) Green Peas & Pearl Onions Mashed Potatoes Fruit Cup WG Roll	Chicken Mole <u>19</u> Squash Medley Spring Salad Mix Spanish Brown Rice Warm Tortilla Chocolate Chip or Oatmeal Cookie ***Mango	Baked Fish <u>20</u> w/ LS garlic marsala sauce LS Garden Veggie Soup LS Herbed Cannellini Beans ***Broccoli Salad Cinnamon Applesauce or Apple Whole Grain Pasta	S.W. Chicken Bowl <u>21</u> (*shredded cabbage, mixed salad greens, radish, corn, LS tortilla strips, cheese garnish) LS Lentil Soup *Marinated Bell Pepper & Tomato WG Roll Fresh/Unsweetened Fruit
Vegetarian Chili <u>24</u> (LS pinto & kidney beans, LS tomatoes & cheese garnish) **Broccoli Mixed Salad Greens *Fruit Cup or Kiwi Quinoa Pilaf	Chinese Chicken <u>25</u> Salad (*mixed salad w/ cabbage, brussels sprouts, mandarins, LS chicken strips, crunchy rice noodle) LS Egg Drop Soup **Carrot Pineapple Slaw Fresh Fruit WG Roll	Potato Crusted Pollock <u>26</u> Sandwich (Fish) LS Cream Mushroom Soup Lettuce, Tomato, Onion LS Herbed Lentils *Orange Whole Grain Bun	Turkey Meatloaf <u>27</u> Corn ***Spinach & Kale Salad w/ Mandarin Oranges Banana Whole Grain Bread Vanilla or Chocolate Pudding	Asian Beef Stir Fry <u>28</u> (LS sauce, **mixed Asian vegetables-broccoli, bell peppers, onions) LS Hot & Sour Soup Romaine Salad *Mango Fruit Cup Pineapple Brown Rice
Tuna Salad <u>31</u> (tuna w/ celery & onion) LS Tomato Basil Soup Herbed Potato Salad *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll		City of LA Community Investment Department Requirements: Lunch meets 1/3 requirement for the Recommended Daily Allowance. *Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C requirement [=] Potassium-rich NOTE: Menu is subject to change without notice.	Suggested voluntary contribution – \$3.00 per meal	