

Thursday January 26th

Minestrone Soup
Italian Lasagna and Garlic Bread
Normandy Vegetables
Garden Salad
Pistachio Pudding

Friday, January 27th

Fish or BBQ Pulled Pork Sandwich
Wild Rice
Steamed Spinach
Cole Slaw
Chilled Pears in Juice

Saturday, January 28th

Chicken Noodle Soup
Meatloaf with Gravy & Mashed Potatoes
Broccoli and Cauliflower Florets
Cucumber Tomato/Onion Salad
Banana

Sunday, January 29th

Herb Chicken and Barley Pilaf
Brussels Sprouts
Tossed Green Salad
Whole Grain Roll
Mandarin Orange & Pineapple Cup

Monday, January 30th

Beef Stew with Root Vegetables
Broccoli Slaw
Corn bread
Fresh Pear

Tuesday, January 31st

Orange Juice
Roast Turkey and Gravy
Bread Dressing
Normandy Vegetables
Tossed Salad
Apple Crisp w/ Oatmeal Topping

HAPPY NEW YEAR



Potato Gratin Mushroom Casserole

1 lb. fresh mushrooms (button & crimini) sliced
1-1/2 cup milk, 3 Tbsp. flour, 1/2 cup Sour Cream,
1 Pkg. (8 oz.) Kraft Shredded Italian* Five Cheese Blend
1/2 tsp. Salt, 1/2 tsp. Pepper,
2 Tsp. Kraft Grated Parmesan Cheese
2-1/2 lbs. Yukon gold potatoes (about 8) peeled, sliced 1/8 inch thick.

- Melt It
- Heat oven 375 degrees.
- Melt 1 Tsp. butter in a large skillet on med. High heat. Add mushrooms; cook 6 min. or until tender stirring frequently.
- Melt 2 Tsp. of the remaining butter in a medium saucepan on medium heat.
- Whisk in flour; cook and stir 1 min. Gradually whisk in milk, sour cream; cook 4 min. or until thickened, stirring constantly. Stir in shredded cheese, salt
- And pepper; cook 1 min. or until melted.
- Grease 3 qt. casserole, layer 1/3 each of potatoes and mushrooms in casserole; repeat layers. Cover with cheese sauce and sprinkle with Parmesan; cover. Bake 1 1/2 hrs. until tender.

Community Services and Parks Department

Serving Meals at Three Locations:

• Adult Recreation Center/Central Park Complex

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

• Sparr Heights Community Center

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday- Friday

• Pacific Park Community Center

501 S Pacific Ave

Glendale Ca 91204

818 548 3775

Lunch Served: Monday, Wednesday & Friday

Please remember to reserve or cancel your meal at least one day in advance. Menu is subject to change without notice.

Community Services and Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please notify us of your needs at the time of reservation.



Senior Cafe

January 2012



City of Glendale
Community Services & Parks

Telephone Reservations or
Cancellations call:
Adult Recreation Center/Central at
(818) 548-3775

Week of January 2nd-7th

ALL THREE SITES CLOSED

New Year's Day

January 1st and January 2nd

Tuesday , January 3rd

Chicken Noodle Soup
Stuffed Bell Pepper & Mash Potatoes
Green Beans
Spinach w/ Mandarin Orange Salad
Peach Crisp w/ Oatmeal Topping

Wednesday, January 4th

"Birthdays of the Month"
Cranberry Chicken with Baked Yam
Zucchini and Tomatoes
Broccoli Slaw Salad
Birthday Cake or Fresh Fruit

Thursday, January 5th

Pork Roast w/Bread Dressing
Creamed Spinach
Marinated Beets & Onion Salad
Cinnamon Apple Sauce
Orange Juice

Friday, January 6th

Corn Chowder Soup with Cornbread
Fish or Baked Chicken
Oven Roasted Red Potatoes
Steamed Broccoli
Cucumber Tomato and Onion Salad
Strawberry Gelatin w/ Fruit Cocktail

Saturday, January 7th

Chili Relleno and Spanish Rice
Stewed Tomatoes
Caesar Salad
Vanilla Custard
Pineapple Juice

Week of January 8th-13th

Sunday, January 8th

Sunday January 8th
Turkey Tetrazzini w/ Spaghetti
Mixed Vegetables
Garden Salad
Mandarin Orange/Pineapple Cup
Orange Juice

Monday, January 9th

Beef Broccoli Stir Fry
Brown Rice
Peas with Red Peppers
Marinated Chinese Cabbage
Pineapple Chunks

Tuesday , January 10th

Vegetable Soup
Chicken Marsala and Mashed Potatoes
Fiesta Green Beans
Tossed Green Salad
Garlic Bread
Honey Dew Melon

Wednesday, January 11th

Armenian Luleh Kebab with Basmati Rice
Creamed Spinach
Marinated Cucumber w/ Tomatoes
Lavash Bread
German Chocolate Cake or Fresh Fruit

Thursday, January 12th

Vegetable Barley Soup
Chicken Parmigiana w/ Spaghetti
Normandy Vegetables
Tossed Green Salad
Garlic Bread
Fruited Yogurt

Friday, January 13th

Fish or Pork Chop
Scalloped Potatoes
Buttered Nut Squash
Marinated Beets w/ Onions Salad
Fresh Orange

Week of January 14th-19th

Saturday January 14th

Lentil Soup
Chicken Adobe with Brown Rice
Brussels Sprouts
Spinach Salad
Whole Grain Roll
Fruit Cocktail Cup

Sunday January 15th

Tomato Bisque Soup
Hot Beef Sandwich
Mashed Potatoes
Green Beans
Confetti Coleslaw
Apple Cobbler w/Oatmeal Topping

Monday , January 16th

All Three Sites
CLOSED in Observance of
Martin Luther King Jr. Holiday

Tuesday, January 17th

Beef Stroganoff with Noodles
Summer Squash Medley
Marinated Chinese Cabbage
Oatmeal Cookies or Fresh Fruit

Wednesday, January 18th

Creamy Celery Soup
Armenian Baked Chicken
Boiled Red Potatoes
Green Beans with Pimentos
Persian Cucumber Salad
Pita Bread
Cantaloupe

Thursday, January 19th

Yankee Pot Roast
Buttered Noodles
Peas and Carrots
Marinated Tomatoes w/ Onion Salad
Tapioca Pudding

Week of January 20th-25th

Friday , January 20th

Fish or Super Burrito
Rice Pilaf
Butter Nut Squash
Garden Green Salad
Fresh Orange

Saturday , January 21st

Split Pea Soup
Salisbury Steak and Mashed Potatoes
Steamed Spinach
Coleslaw
Fresh Banana

Sunday, January 22nd

Turkey Rice Casserole
Mixed Vegetables
Marinated Beets w/ Onion Salad
Cup of Juicy Pineapple Chunks
Orange Juice

Monday , January 23rd

Red Lentil and Carrot Soup
Cobb Salad
Salad Fixings
Carrot / Pineapple Salad
Whole Grain Roll
Fresh Orange

Tuesday, , January 24th

Pepper Steak and Buttered Noodles
Peas and Pearl Onions
Marinated Tomatoes Salad
Fresh Wedge of Cantaloupe

Wednesday , January 25th

Beef Barley Soup
Turkey Divan
Mash Potatoes
Banana Squash
Three Bean Salad
Cherry Pie or Fresh Fruit