<b>HUMAN SERVICES ASSOCIATION</b>	<b>X</b> CERRITOS SENIOR DINING CENTER
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## **FEBRUARY 2025**

HUMAN SERVICES AS	FEDRUARI 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00	Happy		Februa		
3 Cream of Mushroom Soup HAWAIIAN CHICKEN W/PINEAPPLE Brown Rice Oriental Vegetables Chopped Asian Salad w/Romaine & Green Onions Cantaloupe	4 BEEF STEW w/ POTATOES, CELERY, & ONION WG Dinner Roll Carrots Creamy Dill Cucumber Salad Orange Fruited Vanilla Yogurt	5 Grape Juice CHICKEN MARSALA w/MUSHROOM & WHITE WINE SAUCE WG Penne Pasta Peas & Onions Marinated Beet Salad Kiwi	6 BREADED FISH Flour Tortilla (1) Brown Spanish Rice Zucchini Medley Creamy Coleslaw w/Chipotle Dressing Banana	7 Chicken Cilantro Soup BBQ HAMBURGER WG Bun Broccoli Macaroni Salad Plum or Pear		
10 Choice of Entrée TURKEY CHILLI w/BARLEY OR VEGETARIAN CHILI w/BARLEY Cornbread / Baked Potato Chopped Kale & Spinach Salad w/Tomatoes Pear	Butternut Soup HERB CHICKEN Barley Pilaf Garden Salad Black Eyed Peas Mandarin Oranges	ROAST BEEF W/GRAVY WG Roll Mashed Sweet Potatoes Collard Green Waldorf Salad Cream Cookies	13 CREAMY CILANTRO BAKED FISH Biscuit Brown Rice Pilaf Broccoli Romaine Caesar Salad w/Croutons Cantaloupe	Orange Juice Orange Juice CHICKEN SALAD WG Bread Potato Salad Carrot Raisin Salad Marinated Green Beans Fresh Fruit in Season Oatmeal Cookies		
Presidents U	18 Happy February Birthdays CHICKEN ENCHILADA CASSEROLE w/ RED SAUCE Black Beans Tomato & Cucumber Salad Orange/Cake	19 Cream of Broccoli Soup FISH VERA CRUZ WG Bread Corn Carrot Slaw Kiwi Vanilla Chocolate Swirl Pudding	PORK LOIN  W/ BLACK PEPPERCORN  SAUCE  WG Bread Stuffing  Mashed Potatoes  Beet & Onion Salad  Peaches	21 Northern Bean Soup BEEF STROGANOFF WG Bread Egg Noodle Zucchini Medley Chopped Spinach & Kale Salad Tangerine		
24	25	26 Butternut Squash Soup	27	28		
Tuscan Soup	CHICKEN MOLE (L&T)	ROAST PORK	BEEF TERIYAKI	Vegetable Soup		
ROAST TURKEY	Spanish Brown Rice Pinto Beans	w/ MUSTARD SAUCE	Brown Rice	STUFFED BELL PEPPER		
Herb Stuffing	Corn Relish Salad	WG Bread Pasta	Asian Vegetables	WG Roll		
Green Beans Tricolor Coleslaw	Kiwi	Collard Greens	Chopped Spinach Salad	Carrots		
	Rainbow Sherbet	Waldorf Salad	w/Shredded Brussels Sprouts Applesauce w/Cinnamon	Mashed Potatoes		
Pear	Tames W Sherout	Orange	Applesauce w/Clillatiioli	Banana		
All MEALS SERVED WITH NONFAT O	All MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE AIDE FOR CHOICE OF FRUIT !HIGH SODIUM! *MENU SUBJECT TO CHANGE WITHOUT NOTICE -					