

HUMAN SERVICES ASSOCIATION “Where Caring Becomes Doing” ✨ **CERRITOS SENIOR DINING CENTER** JUNE 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 1 BEEF LASAGNA WG Roll Cauliflower Caesar Salad w/Croutons Applesauce Ice Cream | 2 Cream of Broccoli Soup SHEPHERD’S PIE WG Bread/Green Beans Mashed Potato Chopped Kale & Spinach w/Shredded Carrots Garnish Salad/Pear | 3 Tomato Soup ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE Barley w/Parsley Brussels Sprouts Chopped Salad/Tropical Fruit | 4 BEEF TERIYAKI Brown Rice Asian Vegetables Garden Salad w/Red Onions Garnish Pineapple & Mango | 5 BBQ CHICKEN WG Roll Collard Greens Black Eye Peas Orange |
| 8 Choice of Entrée GARLIC BUTTER FISH OR SWEET & SOUR PORK w/BELL PEPPER Barley w/Herbs/Spinach Marinated Tomato & Onion Salad/Pear | 9 Lentil Soup CHICKEN CURRY Brown Rice Asian Mixed Vegetables Chopped Asian Salad w/Romaine & Green Onions Cantaloupe | 10 Happy June Birthdays! BEEF STEW WG Dinner Roll Carrot Creamy  Cucumber Salad/Orange Fruited Vanilla Yogurt “Cake” | 11 CHICKEN MARSLA w/MUSHROOM & WHITE WINE SAUCE WG Penne Pasta Peas Marinated Beet Salad Kiwi | 12 Father’s Day Luncheon! HAMBURGER PATTY WG Hamburger Bun Macaroni Salad Corn on the Cob Lettuce, Tomato & Onion Plum or Nectarine Chocolate Cake  |
| 15 Cream of Mushroom BBQ HAMBURGER WG Bun Broccoli Baked Beans Fresh Melon | 16 CREAMY CILANTRO BAKED FISH Biscuit WG Penne Pasta Brussels Sprouts Spinach & Kale Salad Peach or Plum | 17 Chicken Tortilla Soup TURKEY & CRANBERRY SALAD WG Bread Garden Salad w/Vinaigrette Coleslaw Banana | 18 ROAST BEEF W/GRAVY WG Bread Mashed Potatoes Collard Greens Mandarin Oranges Green Gelatin | 19 ALL SITES CLOSED  |
| 22 Turkey Rice Soup TUNA SANDWICH WG Bread Carrot Pineapple Shredded Brussels Sprouts & Cabbage Salad Applesauce | 23 SPAGETTI w/MEATBALLS WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad Banana | 24 CHICKEN ENCHILADA CASSEROLE WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange/Sherbet | 25 Cabbage & Tomato Soup LEMON PEPPER FISH WG Roll Corn Green Beans Kiwi | 26 PORK LOIN w/BLACK PEPPERCORN SAUCE WG Bread Stuffing Fresh Sweet Potato Beet & Onion Salad Tangerine |
| 29 Northern Bean Soup BEEF CHILI MAC WG Spiral Pasta Peas & Corn Chopped Spinach & Kale w/Red Onions Salad Pear | 30 Choice of Entrée HERB BAKED FISH w/DILL SAUCE OR ROAST PORK w/MUSTARD SAUCE WG Bread/Couscous Steamed Cabbage Waldorf Salad/Cookie |  |  | VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00 |

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 - This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended. **RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES**