

HUMAN SERVICES ASSOCIATION “Where Caring Becomes Doing” ✂ CERRITOS SENIOR DINING CENTER SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00	1 Italian Wedding Soup TUNA SALAD SANDWICH WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Applesauce	2 SPAGHETTI w/MEAT SAUCE WG Spaghetti Sourdough Bread/Garlic Spread/Broccoli Romaine Caesar Salad w/Croutons/ Banana	3 CHICKEN ENCHILADA CASSEROLE w/RED SAUCE Spanish Rice Black Beans Tomato & Cucumber Salad Orange	4 <i>Labor Day Luncheon</i> Orange Juice ! CHILI HOT DOG! WG Hot Dog Bun Potato Salad Garbanzo Bean, Tomato, Cucumber and Red Onion Salad Watermelon Wedge
7 ALL SITES CLOSED 	8 Happy September Birthdays! VEGETARIAN CHILI Barley w/Herbs Zucchini Chopped Spinach/Kale Salad Banana/ “Cake” 	9 CARRIBEAN JERK BAKED CHICKEN WG Bread/ Couscous Pilaf Steamed Cabbage Garden Salad w/Tomato Pineapple & Mango	10 TURKEY A LA KING WG Pasta Cauliflower Marinated Beet Salad Peas & Carrots Pear	11 Hawaiian Luau Luncheon HAWAIIAN CHICKEN Hawaiian Roll Brown Rice Broccoli Spinach Salad w/Mandarin Oranges Pineapple w/ Mango Coconut Cake 
14 HERB CHICKEN WG Spiral Pasta Cauliflower Mesclun Field Salad Cantaloupe Wedge	15 Cabbage Soup STUFFED BELL PEPPER WG Roll Mashed Potato Carrots Apple or Applesauce	16 POZOLE WG Corn Tortilla Chopped Onions & Radish Hominy Shredded Cabbage w/Lime Fresh Fruit Arroz con Leche	17 Cream of Celery Soup TUNA SALAD WG Bread Marinated Broccoli Salad Garden Salad Banana	18 LEMON DIJON CHICKEN WG Cornbread Stuffing Green Beans w/Almond Slivers Pineapple w/Mango Red Gelatin
21 SWEDISH MEATBALLS WG Bread Mashed Potatoes Marinated Tomato Salad Applesauce	22 <i>Choice of Entrée</i> GARLIC BUTTER FISH OR SWEET & SOUR PORK Barley w/Parsley Spinach Mesclun Salad Orange	23 Cream of Mushroom SLOPPY JOES WG Bun Sweet Potato Marinated Cucumber Salad Pineapple & Mango	24 ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE WG Dinner Roll Couscous Pilaf Cauliflower/Bean Salad Cantaloupe Oatmeal Cookie	25 Tofu & Vegetable Soup ASIAN BEEF w/GREEN ONIONS Brown Rice Broccoli Chopped Salad Pear
28 BBQ CHICKEN Barley Pilaf Collard Greens Black Eye Peas Tropical Fruit	29 BEEF LASAGNA WG Bread Broccoli Caesar Salad Pear Ice Cream	30 Spinach Soup CHICKEN CURRY Brown Rice Asian Mixed Vegetables Chopped Asian Salad Cantaloupe Wedge		