HUMAN SERVICES ASSOCIATION "*Where Caring Becomes Doing*" PARAMOUNT DINING CENTER NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **TURKEY MEATLOAF** WG Bread Mashed Potatoes Marinated Tomato Salad Applesauce	**3** ***Choice of Entrée*** **GARLIC BUTTER FISH** **OR** **SWEET & SOUR PORK** Barley w/Parsley Spinach Mesclun Salad Orange	**4** Cream of Mushroom **SLOPPY TURKEY JOES** WG Bun Sweet Potato Marinated Cucumber Salad Pineapple & Mango	**5** **ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE** WG Dinner Roll/Couscous Pilaf Cauliflower/Three Bean Salad Cantaloupe Oatmeal Cookie	**6** Tofu & Vegetable Soup **ASIAN BEEF w/GREEN ONIONS** Brown Rice Broccoli Chopped Salad Pear
9 **BBQ CHICKEN** Barley Pilaf Collard Greens Black Eye Peas Tropical Fruit	**10** **BEEF LASAGNA** WG Bread Broccoli Caesar Salad Pear Chocolate Chip	**11 ALL SITES CLOSED** 	**12** ***Happy November Birthdays!*** **BEEF STEW** WG Bread Carrots & Zucchini Medley Creamy Dill Cucumber Salad Kiwi Cake 	**13** Tomato Soup **PORK w/MUSHROOM SAUCE** WG Penne Pasta w/Marsala Sauce Peas & Onions Marinated Beet Salad Orange
16 Cream of Mushroom **BREADED FISH** WG Roll Zucchini Medley Creamy Coleslaw Peach	**17** **CREAMY BASIL CHICKEN** WG Barley Pilaf Peas Garden Salad w/Cucumber Cantaloupe Wedge	**18 HAMBURGER** WG Hamburger Bun Tomato, Lettuce Baked Beans Brussel Sprouts Orange Fruited Vanilla Yogurt	**19 Thanksgiving *Luncheon*** **ROAST TURKEY W/GRAVY** WG Dinner Roll Cornbread Stuffing Mashed Potatoes Peas & Carrots Fresh Fruit/Pumpkin Pie	**20** **TUNA SALAD SANDWICH WG BREAD** Lettuce & Tomato Potato Salad Mandarin Orange Chocolate Chip
23 **CHICKEN MOLE** Cilantro Lime Brown Rice Flour Tortilla Cauliflower Corn Relish Salad Tropical Fruit	**24** Italian Wedding Soup **TUNA SALAD SANDWICH** WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Applesauce	**25 SPAGHETTI w/TURKEY MEAT SAUCE** WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad w/Croutons/ Banana	**26 ALL SITES CLOSED** 	**27 ALL SITES CLOSED** 
30 Butternut Squash Soup **PORK LOIN w/PEPPERCORN SAUCE** WG Bread Stuffing/Carrots Mediterranean Salad Orange Oatmeal or Chocolate Chip 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 MANAGER 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**