

May 2018

*HDM to receive Option A.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chile Egg Puff "A Senior Center Favorite"	2 Asian Sesame Chicken Salad Romaine, Chicken, Won Ton Strips, Mandarin & Asian Sesame Vinaigrette	3 Spaghetti and Meatballs Classic Italian Meal!	4 Kalbi Beef Korean Style Beef Strips stir-fry served over Wild Rice
7 Chicken Piccata Roasted Chicken topped with a creamy lemon caper sauce	8 Shepard's Pie Layered meat, mashed potatoes and vegetables topped with savory gravy	9 Fish Teriyaki <i>Low Sodium</i> Oven Roasted Cod, House Made Ginger Teriyaki Sauce, Fresh Green Onion	10 Pork Au Champignons French Simmered Pork with Onions, Mushrooms and Cream Sauce	11 Napa Almond Chicken Salad Sandwich Apples, Grapes, Chicken, Celery on Wheatberry Bread
14 Pasta Bolognese Seasoned ground beef simmered in fresh tomato sauce	15 Honey BBQ Chicken Oven roasted chicken topped with an in house made honey BBQ sauce	16 Turkey Burger The best burger you'll ever have!	17 Pescado Veracruz Roasted Cod topped with salsa, cheddar cheese and crushed chips	18 Egg Hash with Pork A Slovenian dish made of minced pork, potato, onion, garlic, cheese baked in egg
21 Coconut Curry Chicken Chicken topped with a slow simmered coconut curry sauce	22 Curried Egg Salad Sandwich On Artisan Whole Grain Ciabatta	23 Balsamic Glaze Chicken (Roasted Chicken topped off with a simmered balsamic reduction	24 Beef Bourguignon Classic hearty meat dish simmered with carrots, potatoes and mushrooms.	25 Chicken Cacciatore Slow simmered chicken in a savory tomato sauce with fresh herbs. NEW RECIPE!
28 SCV Senior Center Closed MEMORIAL DAY 	29 Beef Taco Salad Savory Meat served over Crispy Tortillas and topped with Lettuce, Tomato and Cheese	30 Roasted Fish and Salsa! Fish topped with Pico De Gallo, Crushed Tortilla and Cheese	31 Chef's Cajun Jambalaya Chicken with the trinity of celery, peppers and onions	  <p>Stop Stroke-Act FAST-Spread HOPE</p>

The mission of the SCV Senior Center is to promote quality of life for seniors.
 SCV Senior Center • 22900 Market Street • Santa Clarita, CA • 91321 • 661-259-9444