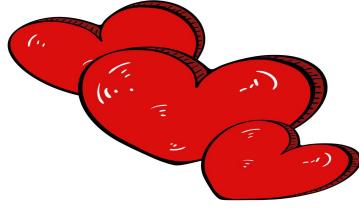


HUMAN SERVICES ASSOCIATION "Where Caring Becomes Doing" CERRITOS DINING CENTER
FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Choice of Entrée GARLIC BUTTER FISH OR SWEET & SOUR PORK w/BELL PEPPER Barley w/Herbs/Spinach Marinated Tomato & Onion Salad/Pear	3 Lentil Soup HAWAIIAN CHICKEN w/PINEAPPLE Brown Rice Asian Mixed Vegetables Chopped Asian Salad w/Romaine & Green Onions Cantaloupe	4 Happy February Birthdays BEEF STEW WG Dinner Roll/Carrots Creamy Cucumber Salad Orange Fruited Vanilla Yogurt/"Cake" 	5 CHICKEN MARSALA w/MUSHROOM & WHITE WINE SAUCE WG Penne Pasta/Peas Marinated Beet Salad Kiwi	6 Sack Lunches Orange Juice EGG SALAD Whole Grain Bread Lettuce & Tomato Carrot & Raisin Salad Fresh Fruit
9 Cream Of Mushroom BBQ HAMBURGER WG Bun Broccoli Baked Beans Melon	10 CREAMY CILANTRO BAKED FISH Biscuits WG Penne Pasta Brussel Sprouts Spinach & Kale Salad Peach or Plum	11 Chicken Tortilla Soup ROAST TURKEY Herb WG Stuffing Green Beans Coleslaw Banana	12 ROAST BEEF w/GRAVY WG Bread Mashed Potatoes Collard Greens Mandarin Orange Green Gelatin	13 Valentine's Luncheon CHICKEN w/WINE SAUCE WG Dinner Roll Peas & Carrots Couscous Pilaf Green Salad w/Red Onions, Radish & Corn Pineapple, Mango & Strawberries/Special Cake 
16 ALL SITES CLOSED 	17 Chinese New Year Luncheon !TERIYAKI CHICKEN BOWL! WG Roll/White Rice Asian Mixed Vegetable Marinated Asian Cucumber Salad Orange or Mandarin Almond or Fortune Cookie	18 BAKED FISH w/WINE, TOMATO & ONION SAUCE WG Rotini Pasta Sesame Broccoli Mixed Field Green Fresh Fruit Apple Crumb Cake	19 CHICKEN ENCHILADA CASSEROLE WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange/Sherbet	20 Cabbage & Tomato Soup LEMON PEPPER FISH WG Roll Corn Green Beans Kiwi
23 Northern Bean Soup BEEF CHILI MAC WG Spiral Pasta Peas & Corn Chopped Spinach & Kale w/Red Onions Salad Pear	24 CHICKEN MOLE Tortilla Spanish Brown Rice Pinto Beans Carrots w/Jicama Salad w/Lime Vinaigrette/Kiwi	25 Butternut Squash Soup TURKEY A LA KING Biscuit WG Pasta Cauliflower Marinated Beet Salad w/Onions/Peach	26 MEATLOAF w/RED SAUCE WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish	27 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 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