

HUMAN SERVICES ASSOCIATION “Where Caring Becomes Doing” ❄ CERRITOS DINING CENTER FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Choice of Entrée</i> 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 <i>Happy February Birthdays</i> 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 <i>Valentine’s Luncheon</i> 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 <i>Chinese New Year Luncheon</i> !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 <i>Choice of Entrée</i> 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**