



Cortez Park Community and Senior Center March 2026 – Menu

The suggested donation for lunch is \$3 for those ages 60 years and older.

For guests under 60 years of age, the fee is \$5.

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Frozen Meal</u>	3 <u>Frozen Meal</u>	4 Chicken Provencal Green Beans w/ Mushrooms Caesar Salad Orange WG Bread	5 Chinese BBQ Pork Stir Fried Veggies Fried Rice Asian Salad Fresh Fruit	6 <u>Frozen Meal</u>
9 Spaghetti w/ Meat Sauce Oregon Blend Italian Chopped Salad Cantaloupe WG Bread	10 LS Teriyaki Chicken Brown Rice Broccoli Ginger Asian Salad Pear	11 Roast Beef w/ LS Gravy Brussels Sprouts Mashed Potato Tossed Green Salad Banana WG Bread	12 LS BBQ Chicken Baked Beans Mixed Green Salad Mango & Pineapple Corn Bread	13 <u>Frozen Meal</u>
16 St. Patrick's Day Lunch Corned Beef Sauteed Cabbage Potatoes Tossed Salad Shamrock Cake	17 Beef Stroganoff Noodles Broccoli Tossed Garden Salad Orange	18 Chicken Fajitas Peppers & Onion Black Bean Salad WG Tortilla Apple	19 Hamburger Oven Baked Fries Roasted Zucchini Spinach Salad Citrus Fruit Salad	20 Shrimp Alferdo Summer Squash Tossed Salad Apple WG Roll
23 Grilled Pork Chop Butternut Squash WG Macaroni w/ Cheese Garden Salad Apple	24 Orange Chicken Carrots Barley Asian Chopped Salad Banana	25 Lemon Herb Fish Brown Rice Corn Tossed Garden Salad Brown Rice	26 <u>Frozen Meal</u>	27 Spring Tailgate Party
30 Beef & Broccoli Barley Asian Slaw Fresh Fruit Whole Grain Roll	31 Fish & Chips Green Beans w/ Mushrooms Orange Whole Grain Roll			

Lunch is served Monday – Thursday & Occasional Friday's at 11:00 a.m.

Reminder, you are required to come in on Fridays @ 11:00 a.m. to 12:00 p.m. to sign-in and pick up your frozen meal. Please bring your pink meal card.

*WG = Whole Grain *LS = Low Sodium



City of West Covina
Community Services
Department
Senior Center
Congregate Meal Program

This program is supported by Federal funding through the Los Angeles County Area Agency on Aging and is administered by the City of West Covina.

Program is partially funded by the Community Development Block Grant.

FOOD TAKE-OUT POLICY

- Food must be eaten at the site; meals should not be taken out.
- Staff will not provide bowls, containers, or bags to take food home.
- Participants are discouraged from bringing own food containers from home. If you choose to do so after your food has been served to you, **YOU DO SO AT YOUR OWN RISK!**
- Employees, Volunteers, or participants may not take unserved leftover food from this facility.
- If food is leftover after all seniors, volunteers and guests are served, it may be offered as seconds or discarded. Seconds must be eaten at the congregate site and must not be taken home.

GENERAL POLICIES AND PROCUDURES

- No reservations required; lunch is served on a first-come, first-serve basis to the first 175 participants.
- Meal ticket distribution will begin at 9:00 a.m. at the front entrance.
- The suggested donation for lunch is \$3 for those ages 60 years and older. For guests under 60 years of age, the mandatory fee is \$5.
- Adults 60 years and older will not be denied a meal if they are unable to donate.
- Participants must be present to receive a ticket number and sign-in. If disabled and need assistance signing-in, please see staff. **Only one ticket per person will be given.**
- Participant must sign-in at the Nutrition sign-in desk when their ticket number has been called.
- Lunch check-in time is no later than 10:45 a.m. - **No Exceptions! Meal ticket numbers will not be honored after 10:45 a.m. and a meal is not guaranteed.**
- Everyone must be seated during serving time.
- Only seven (7) participants allowed to be seated per table and four (4) participants for every card table.
- Chairs need to remain at the designated tables. Please do not remove chairs without staff assistance.
- No reserving seats. All seats are on a first-come, first-serve basis (one seat per person).
- The menu is subject to change without notice.
- All returning participants will be required to fill out the Los Angeles County Universal Intake Form and Code of Conduct Form (City & Nutrition Program) and provide a copy of their ID every July. Upon completion, a meal card will be given for the current fiscal year. If meal card is lost, a replacement card will be sold for \$2.00.

If you have any questions, please call (626) 331-5366.