Mizell Center Menu December 2026

Menu subject to change based on product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	**1** Herb Baked Chicken Parmesan Spinach Orzo Roasted Zucchini Roll, Cake Milk	**2** Tuna Salad Sandwich Mediterranean Salad Lettuce & Tomato Baked Chips, Tropical Fruit Milk	**3** Greek Chicken Salad (Lettuce, Cucumber, Tomato, Onion, Kalamata Olives, feta Cheese, Italian Dressing) Roll Mandarin Oranges, Milk	**4** Beef Stroganoff Egg Noodle Peas Roll, Pineapple Milk 
7 Vegetable Lasagna Edamame Roll Juice, Yogurt, Milk	**8** Chicken Caesar Salad (Lettuce, Parmesan, HB Egg, Croutons) Saltine Crackers Pineapple Milk	**9** Salmon w/Balsamic Sauce Brown Rice Pilaf Roasted Brussels Sprouts Pear Milk	**10** Teriyaki Chicken Jasmine Brown Rice Asian Vegetables Hawaiian Roll, Apple Milk	**11** Pork Chili Verde Potatoes & Onions Cilantro Lime Rice Rancho Fiesta Mix, Roll Mandarin Oranges, Milk
14 Beef Enchiladas w/Red Sauce Aztec Brown Rice Chuckwagon Corn Juice, Yogurt, Milk	**15** BBQ Chicken Mashed Potato Garden Vegetables Roll, Cake Milk	**16** Beef Stew Potatoes & Carrots Tricolor Cauliflower Roll, Peaches Milk 	**17** Roasted Turkey w/Gravy Mashed Potatoes Green Beans Roll, Mandarin Oranges Milk	**18** Fisherman's Platter (Fried, Cod, Shrimp, Calamari) French Fries, Coleslaw Roll, Pineapple Milk
21 Chicken Salad Sandwich Lettuce & Tomato Beet & Garbanzo Salad Juice, Yogurt, Milk	**22** Salisbury Steak w/Gravy Mashed Potatoes Brussels Sprouts w/Fajita Veg Roll, Peaches Milk	**23** Sweet & Sour Chicken Fried Brown Rice Sautéed Bok Choy Hawaiian Roll, Pineapple Milk	**24** Spaghetti w/Meatballs Marinara Sauce Italian Blend Veggies Garlic Bread, Banana Milk	**25** **CENTER CLOSED** 
28 Roasted Turkey Sandwich Lettuce & Tomato Beet & Garbanzo Salad Juice, Yogurt, Milk 	**29** Bangers & Mash  (Sausage & Mashed Potatoes) Peas, Roll Cake Milk	**30** Chicken Marsala Egg Noodle Roasted Zucchini Roll, Mixed Tropical Fruit Milk	**31** Veal Cacciatore Pasta Farfalle Greenbeans Roll, Orange Milk	 **=High Sodium Day**

"The project, including all materials, products, and services, is partially funded by the California Department of Aging, as allocated by the Riverside County Board of Supervisors, and administered by the Riverside County Office on Aging".

Mizell Center Menu December 2026

Menu subject to change based on product availability

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
	**1** Pollo Al Horno c/Hierbas Orzo De Espinacas c/Parmesano, Calabacin Asado Panecillo, Pastel Leche	**2** Sandwich De Ensalada De Atun Lechuga Y Tomate Ensalada Mediterranea Papitas Al Horneadas Fruta Tropical, Leche	**3** Ensalada Griega De Pollo (Lechuga, Pepino, Tomate, Cebolla, Aceitunas Kalamata, Queso Feta, Vendaje Italiana) Panecillo, Mandarinas, Leche	**4** Estrogonof De Ternera Fideos De Huevo Guisantes Panecillo, Pina Leche 
7 Lasana De Verduras Edamame Panecillo Jugo, Yogur, leche	**8** Ensalada Cesar c/Pollo (Lechuga, Parmesano, Huevo Duro, Croutons) Galletas Saladas, Pina Leche	**9** Salmon c/Salsa Balsamica Pilaf De Arroz Intregal Coles De Bruselas Asadas Pera Leche	**10** Pollo Teriyaki Arroz Integral Jazmin Verduras Asiaticas Panecillo Hawaiiano Manzana, Leche	**11** Chili Verde De Cerdo Patatas Y Cebollas Arroz c/Cilantro Y Lima Panecillo, Mandarinas Leche
14 Enchiladas De Carne c/Salsa Roja Arroz Integral Azteca Elote Chuckwagon Jugo, Yogur, Leche	**15** Pollo BBQ Puree De Papa Hortalizas De Huerto Panecillo, Pastel Leche	**16** Estofado De Ternera Patatas Y Zanahorias Coliflor Tricolor Panecillo, Duranzo Leche 	**17** Pavo Asado c/Salsa Pure De Papa Judias Verdes Panecillo, Mandarinas Leche	**18** Fuente Del Pescador (Bacalao Frito, Camarones, Calamres) Papas Fritas Ensalada De Col, Panecillo Pina, Leche
21 Sandwich De Ensalada De Pollo Lechuga Y Tomate Ensalada De Remolacha Y Garbanzos Jugo, Yogur, Leche	**22** Filete Salisbury c/Salsa Pure De Papa Coles De Bruselas c/Verdura Fajitas, Panecillo Durazno, Leche	**23** Pollo Agridulce Arroz Intregal Frito Bok Choy Salteado Panecillo Hawaiiano Pina, Leche	**24** Esoaguetis c/Albondigas Salsa Marinara Verdura Italianas Pan De Ajo, Platano Leche	**25** **CENTRO CERRADO** 
28 Sandiwch De Pavo Asado Lechuga Y Tomate Ensalada De Remolacha Y Garbanzos  Jugo, Yogur, Leche	**29**  Bangers & Mash (Salchicha Y Pure De Papa) Guisantes Panecillo, Pastel Leche	**30** Pollo Marsala Fideos De Huevos Calabacin Asado Panecillo, Fruta Tropical Mictas, Leche	**31** Ternera A La Cacciatore Pasta Farfalle Judias Verdes Panecillo, Naranja Leche	 **=Dia De Alto Sodio**

"El proyecto, incluyendo todos los materiales, productos y servicios, está parcialmente financiado por el Departamento de Envejecimiento de California, según lo asignado por la Junta de Supervisores del Condado de Riverside, y administrado por la Oficina de Envejecimiento del Condado de Riverside.