

Friday, March 1

- Oven Fried Chicken
- Potato Kugel
- Cole Slaw
- Fresh Seasonal Fruit

Monday, March 4

- Turkey Meatballs
- Penne Pasta
- Roasted Cauliflower
- Fresh Plums

Tuesday, March 5

- White Fish
- Brown Rice
- Butternut Squash
- Peaches

Wednesday, March 6

- Tuscan Beef Stew
- Kasha
- Mixed Green Salad
- Orange/Tangerine

Thursday, March 7

- Salmon Patty
- Barley
- Seasoned Green Beans
- Cantaloupe

Friday, March 8

- Braised Chicken w/ Herbs
- Quinoa
- Noodle Kugel
- Fresh Seasonal Fruit

Monday, March 11

- Beef Hamburger w/Bun
- Sweet Potato
- Seasoned Broccoli
- Fresh Orange

Tuesday, March 12

- Chicken Stroganoff
- Penne Pasta
- Sph & Orange Salad
- Banana

Wednesday, March 13

- Curried Fish w/Mango Sauce
- Brown Rice
- Green Beans w/ Mushrooms
- Cantaloupe

Thursday, March 14

- Beef Bourguignon w/ Kasha
- Yellow Squash & Peas
- Garlic Mashed Potatoes
- Fresh/Unsweetened Peaches

Friday, March 15

- Herb Baked Chicken
- Cole Slaw
- Potato Kugel
- Seasonal Fruit

Monday, March 18

- Salmon Patty w/Kasha
- Collard Greens
- Roasted Cauliflower
- Peaches

Tuesday, March 19

- Turkey Chili
- Baked Potato
- Seasoned Broccoli
- Fresh Orange

Wednesday, March 20

- BBQ Beef Chunks
- Quinoa
- Corn
- Banana

Thursday, March 21

- Roast Turkey w/Gravy
- Whole Grained Roll
- Roasted Carrots
- Israeli Salad

Friday, March 22

- Orange Glazed Chicken
- Noodle Kugel
- Sweet Potato
- Fresh Seasonal Fruit

Monday, March 25

- Beef Picadillo
- Roasted Carrots
- Pinto Beans
- Fresh Pear

Tuesday, March 26

- Garlic Fish
- Barley
- Zucchini & Corn
- Apple or Applesauce

Wednesday, March 27

- Turkey Stuffed Cabbage
- Kasha
- Seasoned Cauliflower
- Peaches

Thursday, March 28

- Tuna Noodle Casserole
- Seasoned Spinach
- Beets
- Orange

Friday, March 29

- Khoresh Garach Chicken
- Quinoa
- Potato Kugel
- Seasonal Fruit

- Menu subject to change
- \$3 suggested donation
- This Senior Nutrition program is funded in whole or in part by Los Angeles County Area Agency on Aging
- Rabbinical Council of California



(Kosher Certification)

