# JEWISH FAMILY SERVICE LA

# WESTKNOLL MENU Monday - Friday 11:00am-12:00pm

# Tuesday, April 1

- Cajun Chicken
- Baked Yams
- Green Salad
- Pear

#### Wednesday, April 2

- Stuffed Bell Pepper
- Mashed potatoes
- Roasted Garlic Spinach
- Banana

# Thursday, April 3

- Turkey Meatloaf
- Vegetable medley
- Cinnamon Butternut
  Squash
- Orange

# Friday, April 4

- Herb Roasted Chicken
- Coleslaw
- Potato Kugel
- Chicken Vegetable Soup

# Monday, April 7

- Beef Patty /Gravy
- Roasted Zucchini
- Vegetable Kugel
- Spiced Applesauce

#### Tuesday, April 8

- Albondigas
- Red potato w/ Rosemary
- Mixed Green Salad
- Fruit salad

# Wednesday, April 9

- Baked Fish w/ Garlic
- Seasoned Broccoli
- Seasoned Carrots
- Orange

# Thursday, April 10

- Roast Beef w/ Gravy
- Potatoes w/ Chives
- German Stewed Cabbage
- Cantaloupe

# Friday, April 11 PASSOVER MEAL

- Herb Garlic Chicken
- Chicken Matzo Ball Soup
- Carrot Tzimmes
- Farfel Pilaf

#### Monday, April 14 CLOSED FOR PASSOVER

# Tuesday, April 15

- Baked Fish w/ Garlic
- Vegetable Kugel
- Butternut Squash
- Orange

# Wednesday, April 16

- Stuffed Cabbage
- Roasted Cauliflower
- Zucchini Squash
- Cantaloupe

#### Thursday, April 17

#### Roasted Turkey

- Broccoli
- Baked Yams
- Orange Juice

#### Friday, April 18

#### Herb Roasted Chicken

- Potato kugel
- Citrus Slaw

# Cake

# Monday, April 21

- Hungarian Goulash
- Corn
- Carrots

# • Kasha

# Tuesday, April 22

- Chicken Stroganoff
- Lentil Soup
- Spinach & Orange Salad
- Banana

# Wednesday, April 23

- Curried Fish w/ Mango
- Green beans w/ Mushrooms
- Banana Squash

# • Quinoa

#### Thursday, April 24

- Beef Hamburger
- Kale Slaw
- Sweet potato
- Pears

# Friday, April 25

- BBQ Chicken
- Potato Kugel
- Coleslaw
- Fresh Fruit

#### Monday, April 28

- Garlic Fish
- Collard Greens
- Roasted Cauliflower
- Rice Pilaf

# Tuesday, April 29

Seasoned Carrots

Wednesday, April 30

Whole Grain Roll

Steak Fajitas

Brown Rice

Mushroom Soup

Mixed Green Salad

Menu subject to change

\$3 suggested donation

This Senior Nutrition

whole or in part by Los Angeles County Area

Agency on Aging

Rabbinical Council

(Kosher Certification)

of California

program is funded in

• Turkey Chili • Baked Potato