JEWISH FAMILY SERVICE LA

FELICIA MAHOOD MENU Monday - Friday 11:30am-1:00pm

Monday, June 2

CLOSED FOR HOLIDAY

Tuesday, June 3

CLOSED FOR HOLIDAY

Wednesday, June 4

- Turkey Taco Bowl
- Black Beans
- Roasted Corn Salad
- Whole Wheat Rotini

Thursday, June 5

- Creamy Lemon Broccoli
- Chickpeas
- Brown Rice
- Fruit

Friday, June 6

- Chicken Pesto
- Baby Spinach
- Diced Roma Tomatoes
- Applesauce

Monday, June 9

- Pollo al Pastor
- Cabbage Carrot Slaw
- Roasted Red Peppers
 & Onions
- Brown Rice

Tuesday, June 10

- Pulled Pork Bowl
- Broccoli
- Whole Wheat Pasta
- Fruit

Wednesday, June 11

- Chimichurri Chicken
- Spinach
- Diced Tomato
- Brown Rice

Thursday, June 12

- Yucatan Salmon
- Black Beans
- Corn Salsa
- Tri-Color Quinoa

Friday, June 13

- Scrambled Eggs
- Black Beans
- Sweet Potato
- Quinoa

Monday, June 16

- Turkev Taco Bowl
- Black Beans
- Roasted Corn Salad
- Whole Grain Rotini

Tuesday, June 17

- Grilled Chicken Breast
- Roasted Squash Corn
- Cilantro Brown Rice
- Mixed Fruit

Wednesday, June 18

- Turkey Cheese Hash
- Roasted Red Peppers
- Modeled Mod Foppor
- Tomato Pickle Relish
- Quinoa

Thursday, June 19

CLOSED FOR HOLIDAY

Friday, June 20

- Mexicali Chicken
- Corn
- Roasted Peppers& Onions
- Brown Rice

Monday, June 23

- Ginger Orange Tofu
- Shredded Carrots
- Pickled Red Cabbage
- Brown Rice

Thursday, June 24

- Scrambled Eggs
- Black Beans
- Sweet Potato
- Tortilla Strips

Wednesday, June 25

- Lemon Maple Salmon
- Shredded Carrots
- Edamame
- Brown Rice

Thursday, June 26

- · Chicken Enchilada
- Roasted Bell Peppers
- Black Beans
- Whole Wheat Rotini

Friday, June 27

- Romesco Tofu
- Cauliflower Rice
- Pineapple
- Turmeric Citrus Couscous

Monday, June 30

- Scrambled Eggs
- Sweet Potato
- Cooked Oats
- Fruit

- Menu subject to change
- · \$3 suggested donation

