# JEWISH FAMILY SERVICE LA

## OAKWOOD RECREATION CENTER Monday - Friday 12:00pm-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

- Turkey 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
- 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