

Tuesday, July 1

- Chicken Salad
- 3- Bean Soup
- Carrot Raisin Salad
- Watermelon

Wednesday, July 2

- Curried Fish w/ Mango
- Green Beans w/ Mushrooms
- Banana Squash
- Quinoa

Thursday, July 3

- Beef Hotdog
- Baked Beans
- Potatoes
- Watermelon

Friday, July 4

CLOSED FOR HOLIDAY

Monday, July 7

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

Tuesday, July 8

- Turkey Chunk Salad
- Kale Slaw
- Cucumber Salad
- Chicken Noodle Soup

Wednesday, July 9

- Steak Fajitas
- Peppers and Onions
- Mixed Green Salad
- Mushroom Soup

Thursday, July 10

- Vegetable Souffle
- Seasoned Cauliflower
- Broccoli Slaw
- Kasha

Friday, July 11

- Orange Glazed Chicken
- Seasoned Spinach
- Coleslaw
- Chicken Lima Corn Soup

Monday, July 14

- Teriyaki Chicken
- Seasoned Broccoli
- Barley
- Fresh Fruit

Tuesday, July 15

- Swedish Meatballs
- Roasted Carrots
- Cucumber Dill Salad
- Whole Grain Noodles

Wednesday, July 16

- Black Bean Patty
- Seasoned Cauliflower
- Green Beans
- Kasha

Thursday, July 17

- Tuna Salad
- 3- Bean Salad
- Mixed Green Salad
- Butternut Squash Soup

Friday, July 18

- Khoresht Garach Chicken
- Potato Kugel
- Cole Slaw
- Chicken Vegetable Soup

Monday, July 21

- Salmon Patty
- Collard Greens
- Roasted Cauliflower
- Kasha

Tuesday, July 22

- Eggs Salad
- Split Pea Soup
- Israeli Salad
- Potato Salad

Wednesday, July 23

- Garlic Chicken
- Seasoned Spinach
- Baked Sweet Potato
- Quinoa

Thursday, July 24

- Beef Bourguignon
- Garlic Mashed Potatoes
- Yellow Squash & Peas
- Whole Grain Roll

Friday, July 25

- Lime Grilled Chicken
- Coleslaw
- Noodle Kugel
- Chicken Rice Soup

Monday, July 28

- Beef Meatballs w/ Marinara
- Broccoli
- Green Beans w/ Mushrooms
- Penne Pasta

Tuesday, July 29

- Chunky Chicken Salad
- Spinach Orange Salad
- Marinated Beet Salad
- Lentil Soup

Wednesday, July 30

- Fish Tacos
- Pinto Beans
- Mexican Brown Rice
- Tortilla

Thursday, July 31

- Turkey Stuffed Cabbage Rolls
- Zucchini & Carrots
- Cauliflower
- Quinoa

- 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)

