

### Friday, August 1

- Oven Fried Chicken
- Coleslaw
- Potato Kugel
- Chicken 3-Bean Soup

### Monday, August 4

- White Fish w/ Cilantro
- Butternut Squash
- Green Peas
- Brown Rice

### Tuesday, August 5

- BBQ Beef
- Broccoli
- Split Pea Soup
- Corn

### Wednesday, August 6

- Tuscan Bean Stew
- Roasted Potatoes
- Couscous Salad
- Whole Grain Roll

### Thursday, August 7

- Tuna Salad
- Carrot Raisin Salad
- Fruit Salad
- Minestrone Soup

### Friday, August 8

- Hawaiian Chicken
- Chicken Soup
- Coleslaw
- Noodle Kugel

### Monday, August 11

- Hungarian Goulash
- Corn
- Carrots
- Kasha

### Tuesday, August 12

- Chicken Salad
- High C Green Salad
- Carrot Raisin Salad
- 3-Bean Soup

### Wednesday, August 13

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

### Thursday, August 14

- Beef Hamburger
- Kale Slaw
- Sweet Potato
- Fruit

### Friday, August 15

- BBQ Chicken
- Chicken Rice Soup
- Potato Kugel
- Coleslaw

### Monday, August 18

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

### Tuesday, August 19

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

### Wednesday, August 20

- Steak Fajitas
- Mushrooms Soup
- Mixed Green Salad
- Bown Rice

### Thursday, August 21

- Vegetable Souffle
- Seasoned Cauliflower
- Broccoli Slaw
- Kasha

### Friday, August 22

- Orange Glazed Chicken
- Seasoned Spinach
- Coleslaw
- Noodle Kugel

### Monday, August 25

- Teriyaki Chicken
- Seasoned Broccoli
- Barley
- Corn

### Tuesday, August 26

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

### Wednesday, August 27

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

### Thursday, August 28

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

### Friday, August 29

- Khoresht Chicken
- Potato Kugel
- Coleslaw
- Chicken Vegetable Soup

- 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)

