

Monday, September 1

**CLOSED FOR
LABOR DAY**

Tuesday, September 2

- **Ginger Tofu Stir-Fry**
- Seasoned Green Beans
- Brown Rice
- Lentil Soup

Wednesday, September 3

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

Thursday, September 4

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

Friday, September 5

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

Monday, September 8

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

Tuesday, September 9

- **Chicken Adobo**
- Kale Slaw
- Risi Bisi
- Fruit

Wednesday, September 10

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

Thursday, September 11

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

Friday, September 12

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

Monday, September 15

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

Tuesday, September 16

- **BBQ Beef**
- Split Pea Soup
- Corn & Broccoli
- Whole Grain Roll

Wednesday, September 17

- **Tuscan Bean Stew**
- Roasted Red Peppers
- Couscous Salad
- Fruit

Thursday, September 18

- **Salmon Patty w/ Capers**
- Spinach Mango Salad
- Barley
- Seasoned Green Beans

Friday, September 19

- **ROSH HASHANAH MEAL**
- **Herb Roast Chicken**
- Chicken Rice Soup
- Carrot Tzimmes
- Apple w/ Honey

Monday, September 22

- **Hungarian Goulash**
- Corn
- Carrots
- Kasha

Tuesday, September 23

**CLOSED FOR
ROSH HASHANAH**

Wednesday, September 24

**CLOSED FOR
ROSH HASHANAH**

Thursday, September 25

- **Beef Hamburger**
- Kale Slaw
- Sweet Potato
- Fruit

Friday, September 26

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

Monday, September 29

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

Tuesday, September 30

- **Turkey Chili**
- Baked Potato
- Seasoned Carrots
- Whole Grain Roll

• 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)

