

Wednesday, October 1

YOM KIPPUR MEAL

- Lemon Herb Chicken
- Coleslaw
- Chicken Vegetable Soup
- Apple w/ Honey

Thursday, October 2

CLOSED

Friday, October 3

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

Monday, October 6

- Teriyaki Chicken
- Seasoned Broccoli
- Barley
- Corn

Tuesday, October 7

CLOSED

Wednesday, October 8

CLOSED

Thursday, October 9

- Tuna Casserole
- Spinach Mandarin Salad
- Tomato Basil Soup
- Seasoned Beets

Friday, October 10

SUKKOT MEAL

- Apple Glazed Chicken
- Chicken Noodle Soup
- Potato Kugel
- Citrus Salad

Monday, October 13

- Salmon Patty
- Collard Greens
- Roasted Cauliflower
- Kasha

Tuesday, October 14

CLOSED

Wednesday, October 15

CLOSED

Thursday, October 16

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

Friday, October 17

- Lime Grilled Chicken
- Coleslaw
- Noodle Kugel
- Fruit

Monday, October 20

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

Tuesday, October 21

- Chicken Adobo
- Kale Slaw
- Risi Bisi
- Carrots

Wednesday, October 22

- Fish Tacos
- Pinto Beans
- Shredded Cabbage
- Mexican Brown Rice

Thursday, October 23

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

Friday, October 24

- Oven Friend Chicken
- Potato Kugel
- Cole Slaw
- Chicken 3-Bean Soup

Monday, October 27

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

Tuesday, October 28

- BBQ Beef
- Spilt Pea Soup
- Corn & Broccoli
- Whole Grain Roll

Wednesday, October 29

- Tuscan Bean Stew
- Roasted Red Potatoes
- Couscous Salad
- Cantaloupe

Thursday, October 30

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

Friday, October 31

- Hawaiian Chicken
- Seasoned Peas w/ Mushrooms
- Coleslaw
- Noodle Kugel

• 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
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