

### Thursday, January 1

**CLOSED  
FOR HOLIDAY**

### Friday, January 2

- Khoresht Garach Chicken
- Potato Kugel
- Coleslaw
- Chicken Veg Soup

### Monday, January 5

- Salmon Patty
- Collard Greens
- Roasted Cauliflower
- Kasha

### Tuesday, January 6

- Tofu Stir-Fry
- Lentil Soup
- Green Beans
- Brown Rice

### Wednesday, January 7

- Garlic Chicken
- Seasoned Spinach
- Baked Yam
- Quinoa

### Thursday, January 8

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

### Friday, January 9

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

### Monday, January 12

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

### Tuesday, January 13

- Chicken Adobo
- Carrots
- Kale Slaw
- Risi Bisi

### Wednesday, January 14

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

### Thursday, January 15

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

### Friday, January 16

**Martin Luther King Jr. Birthday**

- Oven Fried Chicken
- Collard Greens
- Mashed Sweet Potato
- Cornbread

### Monday, January 19

**CLOSED  
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### Tuesday, January 20

- BBQ Beef
- Corn
- Broccoli
- Whole Grain Roll

### Wednesday, January 21

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

### Thursday, January 22

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

### Friday, January 23

- Hawaiian Chicken
- Peas & Mushrooms
- Coleslaw
- Noodle Kugel

### Monday, January 26

- Hungarian Goulash
- Corn
- Carrots
- Kasha

### Tuesday, January 27

- Chicken Stroganoff
- Seasoned Cabbage Wedge
- Spinach Orange Salad
- Lentil Soup

### Wednesday, January 28

- Curried Fish
- Green Beans w/ Mushrooms
- Banana Squash
- Kiwi

### Thursday, January 29

- Black Bean Patty
- Kale Slaw
- Sweet Potato
- Pear

### Friday, January 30

- BBQ Chicken
- Potato Kugel
- Coleslaw
- Chicken Rice 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)

