

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
FOR HOLIDAY**

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)

