

Monday, December 1

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

Tuesday, December 2

- Chicken Adobo
- Kale Slaw
- Risi Bisi
- Carrots

Wednesday, December 3

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

Thursday, December 4

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

Friday, December 5

CLOSED FOR STAFF TRAINING

Monday, December 8

- White Fish w/ Cilantro
- Butternut Squash
- Brown Rice
- Fruit

Tuesday, December 9

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

Wednesday, December 10

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

Thursday, December 11

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

Friday, December 12

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

Monday, December 15

- Hungarian Goulash
- Corn & Carrots
- Kasha
- Fruit

Tuesday, December 16

- Chicken Stroganoff
- Lentil Soup
- Spinach Orange Salad
- Penne Pasta

Wednesday, December 17

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

Thursday, December 18

- Beef Hamburger
- Kale Slaw
- Sweet Potato
- Whole Grain Bun

Friday, December 19

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

Monday, December 22

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

Tuesday, December 23

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

Wednesday, December 24

CHRISTMAS MEAL

- Turkey w/ Gravy
- Sweet Potato
- Cornbread Dressing
- Apple Pie

Thursday, December 25

CLOSED FOR HOLIDAY

Friday, December 26

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

Monday, December 29

- Teriyaki Chicken
- Seasoned Broccoli
- Corn
- Barley

Tuesday, December 30

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

Wednesday, December 31

NEW YEAR'S EVE MEAL

- Beef Lasagna
- Seasoned Green Beans w/ Mushrooms
- Mixed Green Salad
- 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)

