

**Monday, February 2**

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

**Tuesday, February 3**

- Turkey Chili
- Baked Potato
- Seasons Carrots
- Cantaloupe

**Wednesday, February 4**

- Steak Fajitas
- Mushroom Soup
- Mixed Green Salad
- Brown Rice

**Thursday, February 5**

- Vegetable Souffle
- Seasoned Cauliflower
- Broccoli Slaw
- Kasha

**Friday, February 6**

- Orange Glazed Chicken
- Seasoned Spinach
- Noodle Kugel
- Chicken Corn Soup

**Monday, February 9**

- Teriyaki Chicken
- Seasoned Broccoli
- Corn
- Tangerine

**Tuesday, February 10**

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

**Wednesday, February 11**

- Black Bean Patty
- Seasoned Cauliflower
- Green Beans
- Kasha

**Thursday, February 12**

**VALENTINES DAY HOLIDAY MEAL**

- Beef Chunks w/ Mushroom Gravy
- Parsley Red Potatoes
- Spinach Mandarin Salad
- Whole Grain Bread

**Friday, February 13**

- Khoresh Chicken
- Potato Kugel
- Coleslaw
- Quinoa

**Monday, February 16**

- Salmon Patty
- Collard Greens
- Roasted Cauliflower
- Kasha

**Tuesday, February 17**

- Tofu Stir-Fry
- Ginger Broccoli
- Lentil Soup
- Brown Rice

**Wednesday, February 18**

- Garlic Chicken
- Seasoned Spinach
- Baked Yam
- Quinoa

**Thursday, February 19**

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

**Friday, February 20**

- Lime Grilled Chicken
- Coleslaw
- Seasoned Green Beans
- Chicken Rice Soup

**Monday, February 23**

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

**Tuesday, February 24**

- Chicken Adobo
- Carrots
- Kale Slaw
- Risi Bisi

**Wednesday, February 25**

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

**Thursday, February 26**

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

**Friday, February 27**

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

- 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)

