

## 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

- Khoresht 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)

