

Wednesday, July 1

- Curried Fish w/ Mango Sauce
- Green beans w/ Mushrooms
- Banana Squash
- Quinoa

Thursday, July 2

- Beef Hotdog
- Potato Salad
- Baked Beans
- Whole Grain Bun

Thursday, July 3

CLOSED FOR 4TH OF JULY HOLIDAY

Monday, July 6

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

Tuesday, July 7

- Turkey Chili
- Baked Potato
- Seasoned Carrots
- Cantaloupe

Wednesday, July 8

- Steak Fajitas
- Peppers & Onions
- Mushroom Soup
- Brown Rice

Thursday, June 9

- Vegetable Souffle
- Seasoned Cauliflower
- Broccoli Slaw
- Kasha

Friday, July 10

- Orange Glazed Chicken
- Chicken Soup
- Noodle Kugel
- Coleslaw

Monday, July 13

- Teriyaki Chicken
- Seasoned Broccoli
- Corn
- Barley

Tuesday, July 14

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

Wednesday, July 15

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

Thursday, July 16

- Tuna Salad
- Spinach Mandarin Salad
- Seasoned Beets
- Fruit

Friday, July 17

- Khoresht Garach Chicken
- Potato Kugel
- Coleslaw
- Quinoa

Monday, July 20

- Salmon Patty
- Collard Greens
- Roasted Cauliflower
- Kasha

Tuesday, July 21

- Tofu Stir-Fry
- Ginger Broccoli
- Seasoned Green Beans
- Brown Rice

Wednesday, July 22

- Garlic Chicken
- Seasoned Spinach
- Baked Sweet Potato
- Quinoa

Thursday, July 23

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

Friday, July 24

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

Monday, July 27

- Meatballs w/ Marinara
 - Broccoli
 - Green Beans w/ Mushrooms
 - Penne Pasta
- ### Tuesday, July 28
- Chicken Adobo
 - Carrots
 - Kale Slaw
 - Risi Bisi

Wednesday, July 29

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

Thursday, July 30

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

Friday, July 31

- Oven Fried Chicken
- Coleslaw
- Potato Kugel
- Corn

• 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)

