

Monday, August 3

- White Fish w/ Cilantro
- Butternut Squash
- Green peas
- Brown Rice

Tuesday, August 4

- BBQ Beef
- Split Pea Soup
- Cauliflower
- Roasted Potato

Wednesday, August 5

- Veggie Stew
- Roasted Potatoes
- Cantaloupe
- Whole Grain Roll

Thursday, August 6

- Tuna Salad Plate
- Carrot Raisin Salad
- Mixed green Salad
- Fruit Salad

Friday, August 7

- Hawaiian Chicken
- Peas & Mushrooms
- Coleslaw
- Noodle Kugel

Monday, August 10

- Hungarian Goulash
- Corn
- Carrots
- Kasha

Tuesday, August 11

- Chicken Salad
- Green Salad
- Carrot Raisin Salad
- Three Bean Soup

Wednesday, August 12

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

Thursday, August 13

- Beef Patty Sandwich
- Sweet Potato
- Broccoli Slaw
- Whole Grain Bread

Friday, August 14

- BBQ Chicken
- Green Peas
- Potato Kugel
- Soup

Monday, August 17

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

Tuesday, August 18

- Turkey Chili
- Baked Potatoes
- Seasoned Carrots
- Cantaloupe

Wednesday, August 19th

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

Thursday, August 20

- Turkey Chunk Salad
- Cucumber Salad
- Chicken Soup
- Whole Grain Bread

Friday, August 21

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

Monday, August 24

- Teriyaki Chicken
- Seasoned Broccoli
- Corn
- Barley

Tuesday, August 25

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

Wednesday, August 26

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

Thursday, August 27

- Tuna Salad Plate
- Mixed Green Salad
- 3 Bean Salad
- Squash Soup

Friday, August 28

- Khoresht Chicken
- Potato Kugel
- Coleslaw
- Soup

Monday, August 31

- Salmon Patty
- Collard Greens
- Roasted Cauliflower
- Kasha

Tuesday, September 1

- Egg Salad
- Israeli Salad
- Potato Salad
- Split Pea Soup

Wednesday, September 2

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

Thursday, September 3

- Beef Bourguignon
- Yellow Squash & Peas
- Garlic Mashed Potatoes
- 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)

