

Tuesday, September 1st

- Tofu Stir Fry
- Brown Rice
- Green beans
- Cantaloupe

Wednesday, September 2nd

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

Thursday, September 3rd

Labor Day MENU

- Hamburger
- Roasted Potatoes
- Carrot Raisin Salad
- Cantaloupe

Friday, September 4th

- Lime Grilled Chicken
- Coleslaw
- Seasoned Green Beans
- Noodle Kugel

Monday, September 7th

CLOSED FOR LABOR DAY

Tuesday, September 8th

- Chicken Salad
- Spinach Salad
- Beet Salad
- Whole Grain Bread

Wednesday, September 9th

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

Thursday, September 10th

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

Friday, September 11th

ROSH HASHANAH MENU

- Herb Roast Chicken
- Carrot Tzimmes
- Coleslaw
- Noodle Kugel

Monday, September 14th

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

Tuesday, September 15th

- BBQ Beef
- Corn
- Broccoli
- Wholegrain Roll

Wednesday September 16th

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

Thursday, September 17th

- Tuna Salad
- Carrot Raisin Salad
- Mixed Green Salad
- Whole Grain Bread

Friday, September 18th

YOM KIPPUR MENU

- Lemon Herb Chicken
- Coleslaw
- Chicken Soup
- Whole Grain Farfel

Monday, September 21st

CLOSED FOR YOM KIPPUR

Tuesday, September 22nd

- Chicken Salad
- Green Salad
- Carrot Raisin Salad
- Whole Grain Bread

Wednesday, September 23rd

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

Thursday, September 24th

- Beef Hamburger
- Sweet Potato
- Fruit
- Whole Grain Roll

Friday, September 25th

SUKKOT MENU

- Apple Glazed Chicken
- Broccoli & Cauliflower
- Potato Kugel
- Chicken Soup

Monday, September 28th

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

Tuesday, September 29th

- Turkey Chili
- Baked Potato
- Seasoned Carrots
- Cantaloupe

Wednesday, September 30th

- Steak Fajitas
- Mixed Green Salad
- Peppers & Onions
- Brown Rice

- 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)

