

Thursday, October 1st

- Vegetable Souffle
- Seasoned Cauliflower
- Broccoli Slaw
- Kasha

Friday, October 2nd

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

Monday, October 5th

- Korean Beef Bowl
- Seasoned Broccoli
- Corn
- Barley

Tuesday, October 6th

- Teriyaki Chicken
- Green beans w/ Mushrooms
- Brown Rice
- Fruit

Wednesday, October 7th

- Turkey Stuffed Cabbage
- Seasoned Cauliflower
- Carrots
- Kasha

Thursday, October 8th

- Tuna Noodle Casserole
- Tomato Soup
- Seasoned Beets
- Spinach Salad

Friday, October 9th

- Khoresht Garach Chicken
- Potato Kugel
- Coleslaw
- Quinoa

Monday, October 12th

- Salmon Patty
- Collard Greens
- Roasted Cauliflower
- Kasha

Tuesday, October 13th

- Vegetable Cholent Stew
- Mixed Green Salad
- Barley
- Cantaloupe

Wednesday, October 14th

- Chicken tikka Masala
- Seasoned Spinach
- Baked Yam
- Quinoa

Thursday, October 15th

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

Friday, October 16th

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

Monday, October 19th

- Tofu Ginger Stir-Fry
- Broccoli
- Carrots
- Risi Bisi

Tuesday, October 20th

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

Wednesday, October 21st

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

Thursday, October 22nd

- Tex-Mex Stuffed Bell Peppers
- Cauliflower
- Butternut Squash
- Quinoa

Friday, October 23rd

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

Monday, October 26th

- Coconut Curry Fish Stew
- Butternut Squash
- Cauliflower
- Quinoa

Tuesday, October 27th

- BBQ Beef
- Roasted Potatoes
- Sauteed Broccoli
- Kasha

Wednesday, October 28th

- Chicken Adobo
- Corn
- Brown Rice
- Cantaloupe

Thursday, October 29th

- Salmon Patty w/ Capers
- Peas & Mushrooms
- Zucchini & Carrots
- Barley

Friday, October 30th

- Hawaiian Chicken
- Seasoned Green Beans
- Coleslaw
- Noodle Kugel

• 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)

