JEWISH FAMILY SERVICE LA

PALM APT MENU

Monday - Friday, 1:00 PM - 2:00 PM

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)*

