JEWISH FAMILY SERVICE LA

CULVER CITY SENIOR CENTER

MON-FRI 11:30 AM - 1:00 PM

Monday, November 2nd
- **Chicken Tikka Masala**
- Roasted Eggplant
- Cantaloupe
- Brown Rice Pilaf

Tuesday, November 3rd
- **Lemon Glazed Chicken**
- Minestrone Soup
- Carrots
- Chopped Salad

Wednesday, November 4th
- **Beef & Broccoli**
- Boy Choy
- Honeydew Melon
- Brown Rice

Thursday, November 5th
- **Chicken Primavera**
- Green Peas
- Whole Grain Pasta
- Salad

Friday, November 6th
- **Beef Chili Colorado**
- Black beans
- Zucchini w/ Herbs
- Whole Grain Tortilla

Monday, November 9th
- **Fish w/ Garlic Sauce**
- Spinach
- Corn
- Quinoa Pilaf

Tuesday, November 10th
- **Carne Asada**
- Refried Beans
- Chayote w/ Onions & Tomatoes
- Whole Grain Tortilla

Wednesday, November 11th
- **Sesame Chicken**
- Whole Grain Lo Mein
- Bamboo Shoots & Cabbage
- Cantaloupe

Thursday, November 12th
- **Meatloaf**
- Mashed Potatoes
- Whole Grain Roll
- Fruit

Friday, November 13th
- **Chicken Pesto**
- Carrots
- Broccoli Slaw
- Whole Grain Pasta

Monday, November 16th
- **Pepper Steak**
- Green Beans w/ Mushrooms
- Whole Grain Roll
- Fruit

Tuesday, November 17th
- **Chicken Tinga**
- Roasted Corn
- Cantaloupe
- Brown Rice

Wednesday, November 18th
- **White Fish w/ Lemon**
- Carrots
- Herbed Lentils
- Quinoa

Thursday, November 19th
- **Chile Verde Chicken**
- Yellow Squash
- Cabbage Slaw
- Flour Tortilla

Friday, November 20th
- **Beef w/ Onions & Tomatoes**
- Steamed Kale
- Roasted Potatoes
- Whole Grain Roll

Monday, November 23rd
- **Turkey Picadillo**
- Pinto Beans
- Yellow Squash
- Whole Grain Tortilla

Tuesday, November 24th
- **Blackened Creole Fish**
- Green Peas
- Creamy Coleslaw
- Quinoa

Wednesday, November 25th
- **Roast Turkey w/ Gravy**
- Sweet Potato Mash
- French Green Beans w/ Almonds
- Herb Stuffing

Thursday, November 26th
- **CLOSED FOR HOLIDAY**

Friday, November 27th
- **CLOSED FOR HOLIDAY**

Monday, November 30th
- **Roasted Chicken**
- Herbed Carrots
- Cabbage Slaw
- Brown Rice

Tuesday, December 1st
- **Beef Stir-Fry**
- Broccoli
- Whole Grain Lo Mein
- Fruit

Wednesday, December 2nd
- **Baked Chicken**
- Red Beans
- Baked Yams
- Whole Grain Roll

Thursday, December 3rd
- **Fish Almandine**
- Herbed Spinach
- Corn
- Quinoa

- **Menu subject to change**
- **$3 suggested donation**

