JEWISH FAMILY SERVICE LA

FELICIA MAHOOD MENU

MON-FRI 11:30 AM TO 12:30 PM

Monday, November 2nd
- **Arroz con Pollo**
- Pinto Beans
- Shredded Cabbage Salad
- Apple

Tuesday, November 3rd
- **Curried Lentils**
- Squash Soup
- Broccoli
- Quinoa

Wednesday, November 4th
- **Beef Stroganoff**
- Parslied Carrots
- Mesclun Salad
- Whole Grain Noodles

Thursday, November 5th
- **Honey mustard Chicken**
- Peas & Corn
- Tomato Salad
- Barley Pilaf

Friday, November 6th
- **Herb Tilapia w/ lemon**
- Seasoned Green Beans
- Spinach Kale Salad
- Tomato Soup

Monday, November 9th
- **Turkey Burder**
- Corn Chowder
- Baked Beans
- Carrots

Tuesday, November 10th
- **Savory Beef Stew**
- Green Peas & Onions
- Mashed Potatoes
- Fruit Cup

Wednesday, November 11th
- **Chicken Mole**
- Squash Medley
- Spring Salad
- Spanish Brown Rice

Thursday, November 12th
- **Baked Fish w/ Garlic Marsala**
- Herbed Cannellini Beans
- Broccoli Salad
- Whole Grain Pasta

Friday, November 13th
- **BBQ**
- Collard Greens
- Coleslaw
- Macaroni & Cheese

Monday, November 16th
- **Vegetarian Chili**
- Broccoli
- Mixed Green Salad
- Quinoa Pilaf

Tuesday, November 17th
- **Jamaican Jerk Chicken**
- Sweet Potato
- Pineapple Coleslaw
- Jasmine Brown Rice

Wednesday, November 18th
- **Potato Crusted Pollack**
- Herbed Lentils
- Orange
- Mushroom Soup

Thursday, November 19th
- **Turkey Meatloaf**
- Corn
- Spinach Kale Salad
- Banana

Friday, November 20th
- **Asian Beef Stir-Fry**
- Mixed Asian Vegetables
- Romaine Salad
- Hot & Sour Soup

Monday, November 23rd
- **Tuna Salad**
- Tomato Soup
- Herbed Potato Salad
- Coleslaw

Tuesday, November 24th
- **Turkey Linguine**
- Broccoli
- Chopped Salad
- Fruit

Wednesday, November 25th
- **Turkey Breast w/ Gravy**
- Green Beans w/ Almonds
- Tossed Green Salad
- Herb Stuffing

Thursday, November 26th
- **Closed For Holiday**

Friday, November 27th
- **Closed For Holiday**

Monday, November 30th
- **Turkey Enchilada**
- Mesclun Salad
- Spanish Brown Rice
- Mango Fruit Cup

Tuesday, December 1st
- **Beef Meatloaf**
- Rosemary Mashed Potatoes
- Green Beans w/ Herbs
- Brown Rice Pilaf

Wednesday, December 2nd
- **Baked Fish Jambalaya**
- Carrots
- Broccoli Slaw
- Brown Rice Pilaf

Thursday, December 3rd
- **BBQ Sandwich**
- Roasted Brussel Sprouts
- Chopped Salad
- Apple

- **Menu subject to change**
- **$3 Suggested Voluntary Contribution**

