JEWISH FAMILY SERVICE LA

WESTKNOLL APTS

Monday - Friday, 11:00 AM - 12:00 PM

Monday, November 2nd
- **Hungarian Goulash**
- Corn
- Carrots
- Kasha

Tuesday, November 3rd
- **Chicken Stroganoff**
- Seasoned Cabbage
- Spinach & Orange Salad
- Penne Pasta

Wednesday, November 4th
- **Curried Fish w/ Mango Sauce**
- Green Beans w/ Mushrooms
- Banana Squash
- Quinoa

Thursday, November 5th
- **Steak Fajitas**
- Peppers & Onions
- Pinto Beans
- Brown Rice

Friday, November 6th
- **BBQ Chicken**
- Green Peas
- Coleslaw
- Potato Kugel

Monday, November 9th
- **Garlic Fish**
- Collard Greens
- Roasted Cauliflower
- Tangerine

Tuesday, November 10th
- **Turkey Chili**
- Seasoned carrots
- Baked Potato
- Whole Grain Roll

Wednesday, November 11th
- **Open Face Beef Patty Sandwich**
- Mushroom Soup
- Sweet Potato
- Broccoli Slaw

Thursday, November 12th
- **Falafels**
- Seasoned Cauliflower
- Israeli Salad
- Whole Grain Pita

Friday, November 13th
- **Orange Glazed Chicken**
- Seasoned Spinach
- Coleslaw
- Whole Grain Noodle Kugel

Monday, November 16th
- **Korean Beef Bowl**
- Seasoned Broccoli
- Corn
- Barley

Tuesday, November 17th
- **Teriyaki Chicken**
- Green Beans/ Mushrooms
- Kiwi
- Brown Rice

Wednesday, November 18th
- **Turkey Stuffed Cabbage**
- Seasoned Cauliflower
- Carrots
- Kasha

Thursday, November 19th
- **Tuna Noodle Casserole**
- Spinach Salad
- Seasoned Beets
- Tomato Soup

Friday, November 20th
- **Khoresht Garach Chicken**
- Potato Kugel
- Coleslaw
- Quinoa

Monday, November 23rd
- **Salmon Patty**
- Collard Greens
- Roasted Cauliflower
- Apple Juice

Tuesday, November 24th
- **Vegetarian Cholent Stew**
- Mixed Green Salad
- Cantaloupe
- Barley

Wednesday, November 25th
THANKSGIVING MEAL
- Roast Turkey w/ Gravy
- Pineapple Yams
- Green Bean Almandine
- Bread Stuffing

Thursday, November 26th
CLOSED FOR THANKSGIVING

Friday, November 27th
CLOSED FOR THANKSGIVING

Monday, November 30th
- **Tofu Ginger Stir-Fry**
- Broccoli
- Carrots
- Risi Bisi

Tuesday, December 1st
- **Fish Tacos**
- Pinto Beans
- Shredded Cabbage
- Brown Rice

Wednesday, December 2nd
- **Swedish Meatballs**
- Carrots & Beets
- Cucumber Dill Salad
- Whole Grain Noodles

Thursday, December 3rd
- **Tex-Mex Stuffed Pepper**
- Cauliflower
- Butternut Squash
- Apple Juice

- **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)*

