

Monday, July 1

- Beef Bourguignon
- Garlic Mashed Potatoes
- Squash & Peas
- Kasha

Tuesday, July 2

- Chicken Stroganoff
- Seasoned Cabbage
- Spinach & Orange Salad
- Penne Pasta

Wednesday, July 3

- Beef Hot Dog
- Baked Beans
- Potato Salad
- Watermelon

Thursday, July 4

CLOSED

Friday, July 5

- Herb Baked Chicken
- Potato Kugel
- Coleslaw
- Cake

Monday, July 8

- Salmon Patty
- Collard Greens
- Roasted Cauliflower
- Kasha

Tuesday, July 9

- Turkey Chili
- Baked Potato
- Seasoned Broccoli
- Quinoa

Wednesday, July 10

- BBQ Beef Chunks
- Corn
- Coleslaw
- Quinoa

Thursday, July 11

- Roast Turkey with Gravy
- Roasted Carrots
- Israeli Salad
- Whole Grain Roll

Friday, July 12

- Orange Glazed Chicken
- Noodle Kugel
- Mixed Green Salad
- Cake

Monday, July 15

- Beef Picadillo
- Roasted Carrots
- Pinto Beans
- Corn Tortilla

Tuesday, July 16

- Garlic Fish
- Zucchini & Corn
- Kale slaw
- Barley

Wednesday, July 17

- Turkey Stuffed Cabbage
- Season Cauliflower
- Kasha
- Tomato & Bell Pepper Salad

Thursday, July 18

CLOSED

Friday, July 19

- Chicken w/ Mushroom Sauce
- Potato Kugel
- Coleslaw
- Fresh Fruit

Monday, July 22

- Hungarian Goulash
- Corn
- Seasoned Spinach
- Kasha

Tuesday, July 23

- Sesame Chicken
- Asian Vegetables
- Marinated Cucumber
- Whole Grain Noodles

Wednesday, July 24

- Fish Veracruz
- Butternut Squash
- Caesar Salad
- Brown Rice

Thursday, July 25

- Beef Patty w/ Gravy
- Baked Potato
- Banana
- Whole Grain Roll

Friday, July 26

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

Monday, July 29

- Beef & Broccoli
- Roasted Carrots
- Brown Rice
- Orange

Tuesday, July 30

- Stuffed Peppers
- Collard Greens
- Green Salas
- Kasha

Wednesday, July 31

- Chicken Cacciatore
- Spinach Mandarin Salad
- Penne Pasta
- Fresh Fruit

- 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)

