

### 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)

