

### Tuesday, October 1

- Turkey Chili
- Baked Potato
- Seasoned Carrots
- Cantaloupe

### Wednesday, October 2

- Herb Roasted Chicken
- Chicken Rice Soup
- Noodle Kugel
- Coleslaw

### Thursday, October 3

#### HOLIDAY ROSH HASHANAH

### Friday, October 4

#### HOLIDAY ROSH HASHANAH

### Monday, October 7

- Teriyaki Chicken
- Seasoned Broccoli
- Barley
- Tangerine

### Tuesday, October 8

- Swedish Meatballs
- Roasted Carrots
- Cucumber Dill Salad
- Whole Grain Noodles

### Wednesday, October 9

- Black Bean Patty
- Seasoned Cauliflower
- Green Beans
- Kasha

### Thursday, October 10

- Tuna Salad Sandwich
- Spinach Mandarin Salad
- Seasoned Beets
- Tomato Bisque Soup

### Friday, October 11

- Lemon Herb Chicken
- Coleslaw
- Chicken Vegetable Soup
- Farfel

### Monday, October 14

- Salmon Patty w/ Dill Sauce
- Collard Greens
- Roasted Cauliflower
- Kasha

### Tuesday, October 15

- Tofu Stir Fry
- Seasoned Green Beans
- Quinoa
- Ginger Broccoli

### Wednesday, October 16

- Apple Glazed Chicken
- Broccoli & Cauliflower
- Potato Kugel
- Chicken Noodle Soup

### Thursday, October 17

#### HOLIDAY SUKKOT

### Friday, October 18

#### HOLIDAY SUKKOT

### Monday, October 21

- Chicken Adobo
- Green Beans w/ Mushrooms
- Carrots
- Barley

### Tuesday, October 22

- Fish Tacos
- Tomato Bisque
- Mexican Brown Rice
- Tortilla

### Wednesday, October 23

- Meatballs w/ Marinara
- Kale Slaw
- Penne Pasta
- Broccoli

### Thursday, October 24

#### HOLIDAY SHEMINI ATZERET

### Friday, October 25

#### HOLIDAY SIMCHAT TORAH

### Monday, October 28

- White Fish w/ Cilantro
- Butternut Squash
- Whole Grain Pasta
- Kiwi

### Tuesday, October 29

- BBQ Beef
- Split Pea Soup
- Broccoli & Corn
- Whole Grain Roll

### Wednesday, October 30

- Salmon Patty w/ Caper Sauce
- Seasoned Green Beans
- Spinach Salad w/ Mango
- Barley

### Thursday, October 31

- Hawaiian Chicken
- Chicken Soup
- Seasoned Peas w/ Mushrooms
- Noodle Kugel

- 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)

