JEWISH FAMILY SERVICE LA

Tuesday, October 1
- Baked Pollak w/ Lemon Sauce
- Mixed Vegetable Blend
- Broccoli Salad
- Chicken Soup

Wednesday, October 2
- BBQ Chicken
- Yam
- Tri Color Cole Slaw
- Brown Rice

Thursday, October 3
HOLIDAY ROSH HASHANAH

Friday, October 4
HOLIDAY ROSH HASHANAH

Monday, October 7
- Chicken Adobo
- Green peas
- Mesclun Salad
- Brown Rice

Tuesday, October 8
- Turkey Milanese
- Cauliflower & Zucchini
- Carrot Raisin Salad
- Linguine W/ Pesto

Wednesday, October 9
- Salmon w/ Dill Sauce
- Split Pea Soup
- Green Beans
- Chopped Salad

Thursday, October 10
- Asian Beef Stir Fry
- Mixed Asian Veg
- Beet Salad
- Hot & Sour Soup

Friday, October 11
- Vegetarian Chili
- Herb Roasted Carrots
- Mixed Salad
- Barley

Monday, October 14
- Spaghetti w/ Meat Sauce
- Broccoli
- Green Beans
- Caesar Salad

Tuesday, October 15
- Beef Fajitas
- Pinto Beans
- Corn
- Tortilla

Wednesday, October 16
- Mediterranean Chicken
- Roasted Vegetables
- Lentil Salad
- Brown Rice Pilaf

Thursday, October 17
HOLIDAY SUKKOT

Friday, October 18
HOLIDAY SUKKOT

Monday, October 21
- Fish Creole
- Red Beans
- Creamy Coleslaw
- Tortilla

Tuesday, October 22
- Chicken Dijon
- Herb Zucchini & Grean Beans
- Chopped Salad
- Fresh Fruit

Wednesday, October 23
- Stuffed Bell Pepper
- Mixed Vegetables
- Romaine Salad
- Dinner Roll

Thursday, October 24
HOLIDAY SHEMINI ATZERET

Friday, October 25
HOLIDAY SIMCHAT TORAH

Monday, October 28
- Savory Beef Stew
- Mashed Potatoes
- Roasted Brussel Sprouts
- Whole Grain Roll

Tuesday, October 29
- Turkey Vegetable Stir Fry
- Cabbage Cucumber Salad
- Lo Mein Noodles
- Whole Grain Bread

Wednesday, October 30
- Caribbean Chicken
- Corn
- Vegetable Soup
- Brown Rice Pilaf

Thursday, October 31
- Bolognese W/ Penne Pasta
- Herbed Zucchini & Squash
- Caesar Salad
- Fruit Cup

- Menu subject to change
- $3 suggested donation