JEWISH FAMILY SERVICE LA

PAN PACIFIC MENU
Monday - Friday 11:00am-12:30pm

Friday, November 1
- **Hawaiian Chicken**
- Seasoned Peas & Mushrooms
- Coleslaw
- Noodle Kugel

Monday, November 4
- **Hungarian Goulash**
- Corn
- Carrots
- Kasha

Tuesday, November 5
- **Chicken Stroganoff**
- Lentil Soup
- Season Cabbage
- Spinach & Mandarin Salad

Wednesday, November 6
- **Curried Fish w/ Mango Sauce**
- Green Beans w/ Mushrooms
- Banana Squash
- Quinoa

Thursday, November 7
- **Black Bean Patty**
- Sweet Potato
- Kale slaw
- Whole Grain Bun

Friday, November 8
- **BBQ Chicken**
- Chicken Rice Soup
- Potato Kugel
- Cake

Monday, November 11
CLOSED
VETERAN'S DAY

Tuesday, November 12
- **Turkey Chili**
- Baked Potato
- Seasons Carrots
- Whole Grain Roll

Wednesday, November 13
- **Steak Fajitas**
- Mushroom Soup
- Mixed Green Salad
- Brown Rice

Thursday, November 14
- **Vegetable Souffle**
- Seasoned Cauliflower
- Broccoli Slaw
- Kasha

Friday, November 15
- **Orange Glazed Chicken**
- Seasoned Spinach
- Coleslaw
- Noodle Kugel

Monday, November 18
- **Teriyaki Chicken**
- Seasoned Broccoli
- Corn
- Barley

Tuesday, November 19
- **Swedish Meatballs**
- Roasted Carrots & Beets
- Cucumber Salad
- Whole Grain Noodles

Wednesday, November 20
- **Black Bean Patty**
- Seasoned Cauliflower
- Green Beans
- Kasha

Thursday, November 21
- **Tuna Noodle Casserole**
- Tomato Bisque
- Spinach Mandarin Salad
- Fresh Fruit

Friday, November 22
- **Khoresht Garach Chicken**
- Potato Kogel
- Coleslaw
- Quinoa

Monday, November 25
- **Salmon Patty**
- Collard Greens
- Roasted Cauliflower
- Kasha

Tuesday, November 26
- **Tofu Stir Fry**
- Seasoned Green Beans
- Ginger Broccoli
- Quinoa

Wednesday, November 27
- **Roast Turkey w/ Gravy**
- Pineapple Yams
- Green Beans w/ Almonds
- Bread Stuffing

Thursday, November 28
CLOSED THANKSGIVING

Friday, November 29
CLOSED THANKSGIVING

- **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)