

### 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 Kugel
- 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)

