# **JEWISH FAMILY SERVICE LA**

# CULVER CITY SENIOR CENTER Monday - Friday 11:30am-1:00pm

- Monday, December 2
- Fish Creole
- Garden Vegetable Soup
- Red beans
- Creamy Coleslaw

# Tuesday, December 3

- Chicken Dijon
- Herb Zucchini & Green beans
- Chopped Kale Salad
- Whole Grain Roll

# Wednesday, December 4

- Stuffed Peppers
- Mixed Vegetables
- Romaine Salad
- Barley

#### Thursday, December 5

- Tuscan Bean Stew
- Roasted Cauliflower
- Spinach Salad
- Whole Grain Roll

#### Friday, December 6

- Korean BBQ
- Sauted Zucchini
- Broccoli Salad
- Herbed Brown Rice

# Monday, December 9

- Savorv Beef Stew
- Mashed Potatoes
- Roasted Brussel Sprouts
- Orange

#### Tuesday, December 10

- Turkey Stir Fry
- Mixed Asian Vegetables
- Cabbage Cucumber Salad
- Lo Mein Noodles

#### Wednesday, December 11

- Caribbean Chicken
- Vegetable Soup
- Corn
- Carrot Celery Salad

# Thursday, December 12

- Turkey Bolognese Pasta
- Herbed Zucchini & Squash
- Caesar Salad
- Cauliflower

## Friday, December 13

- Fish & Chips
- Roasted Sweet Potato
- Coleslaw
- Whole Grain Roll

# Monday, December 16

- Southwest Shredded Chicken
- Pinto Beans
- Mixed Green Salad
- Tortilla

#### Tuesday, December 17

- Shepard's Pie
- Mixed Green Salad
- Whole Grain Roll
- Kiwi

#### Wednesday, December 18

- Baked Fish Almandine
- Mushroom Soup
- Green Beans w/ Herbs
- Spinach Salad

#### Thursday, December 19

- Chicken Adobo
- Green Peas
- Mesclun Salad
- Brown Rice

# Friday, December 20

- Garden Vegetable Lasagna
- Italian Wedding Soup
- Caesar Salad
- Fruit

# Monday, December 23

- Roast Turkey w/ Gravy
- Whipped Sweet Potato
- Green Beans w/ Almonds
- Ambrosia Salad

#### Tuesday. December 24

- Baked Pollack w/Lemon
- Chicken Soup
- Broccoli Salad
- Cinnamon Applesauce

# Wednesday, December 25

CHRISTMAS CLOSED

# Thursday, December 26

- Tamale Pie
- Black Beans
- Mesclun Salad
- Fruit Cup

#### Friday, December 27

- Meatloaf w/ Gravy
- Garlic Mashed Potatoes
- Roasted Brussel Sprouts
- Whole Grain Roll

# Monday, December 30

- Salmon w/ Dill Sauce
- Green Beans
- Black Beans
- Mixed Chopped Salad

#### Tuesday, December 31

- Chicken Marsala
- Baked Potato
- Mixed Green Salad
- Winter Squash



- \$3 suggested donation

