

### Monday, December 2

- Chicken Adobo
- Green Beans w/ Mushrooms
- Carrots
- Risi Bisi

### Tuesday, December 3

- Fish Tacos
- Pinto Beans
- Tomato Bisque
- Mexican Brown Rice

### Wednesday, December 4

- Meatballs w/ Marinara
- Kaleslaw
- Penne Pasta
- Broccoli

### Thursday, December 5

- Turkey Stuffed Cabbage
- Zucchini & Carrots
- Cauliflower
- Quinoa

### Friday, December 6

- Oven Fried Chicken
- Potato Kugel
- Chicken 3-bean stew
- Coleslaw

### Monday, December 9

- White Fish w/ Cilantro Sauce
- Butternut Squash
- Pasta
- Fresh Fruit

### Tuesday, December 10

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

### Wednesday, December 11

- Tuscan Bean Stew
- Mixed Green Salad
- Roasted Potatoes
- Kasha

### Thursday, December 12

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

### Friday, December 13

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

### Monday, December 16

- Hungarian Goulash
- Corn & Carrots
- Kasha
- Fruit

### Tuesday, December 17

- Chicken Stroganoff
- Lentil Soup
- Seasoned Cabbage Wedge
- Spinach Orange Salad

### Wednesday, December 18

- Curried Fish w/ Mango Sauce
- Green Beans w/ Mushrooms
- Banana Squash
- Quinoa

### Thursday, December 19

- Beef Hamburger
- Sweet Potato
- Kale Slaw
- Whole Grain Bun

### Friday, December 20

- BBQ Chicken
- Potato Kugel
- Coleslaw
- Chicken Rice Soup

### Monday, December 23

- Garlic Fish
- Collard Greens
- Roasted Cauliflower
- Rice Pilaf

### Tuesday, December 24

- Sliced Turkey w/ Gravy
- French Green beans w/ mushrooms
- Cornbread Dressing
- Apple Pie

### Wednesday, December 25

**CHRISTMAS  
CLOSED**

### Thursday, December 26

- Vegetable Souffle
- Seasoned Cauliflower
- Broccoli Slaw
- Kasha

### Friday, December 27

- Orange Glazed Chicken
- Seasoned Spinach
- Coleslaw
- Noodle Kugel

### Monday, December 30

- Teriyaki Chicken
- Seasoned Broccoli
- Corn
- Barley

### Tuesday, December 31

- Beef Lasagna
- Seasoned Green Beans w/ Mushrooms.
- Mixed Green Salad
- Whole Grain Roll

• 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)

