# JEWISH FAMILY SERVICE LA

# **BAR CENTER MENU** MONDAY- FRIDAY 12:00 pm-1:00 pm

#### Monday, February 3

- Garlic Fish
- Collard Greens
- Roasted Cauliflower
- Plum

#### Tuesday, February 4

- Turkey Chili
- Baked Potato
- Seasoned Carrots
- Cantaloupe

#### Wednesday, February 5

- Steak Fajitas
- Mushroom Soup
- Mixed Green Salad
- Orange

# Thursday, February 6

- Vegetable Souffle
- Seasoned Cauliflower
- Broccoli Slaw
- Apple
- Kasha

# Friday, February 7

- Orange Glazed Chicken
- Chicken Lima Corn Soup
- Seasoned Spinach
- Coleslaw
- Noodle Kugel

# Monday, February 10

- Teriyaki Chicken
- Seasoned Broccoli
- Corn
- Tangerine
- Barley

# Tuesday, February 11

- Swedish Meatballs
- Roasted Carrots & Beets
- Cucumber Dill Salad
- Apple Juice

# Wednesday, February 12

- Black Bean Patty
- Seasoned Cauliflower
- Green Beans
- Cantaloupe

# Thursday, February 13

- Tuna Noodle Casserole
- Spinach Mandarin Salad
- Kiwi
- Seasoned Beets

#### Friday, February 14

- Khoresht Garach Chicken w/ Mushroom Sauce
- Potato Kugel
- Coleslaw
- Fresh Seasonal Fruit
- Cake

#### Monday, February 17 CLOSED – PRESIDENTS DAY

#### Tuesday, February 18

- Tofu Stir- Fry
- Ginger Broccoli
- Seasoned Green Beans
- Orange
- Quinoa

#### Wednesday, February 19

- Garlic Chicken
- Seasoned Spinach
- Baked Yams
- Kiwi

#### Thursday, February 20 CLOSED – STAFF TRAINING

#### Friday, February 21

- Lime Grilled Chicken
- Coleslaw
- Seasoned Green Beans
- Noodle Kugel
- Cake

# Monday, February 24

- Chicken Adobo
- Green Beans w/ Mushrooms
- Carrots
- Orange

#### Tuesday, February 25

- Fish Tacos
- Pinto Beans
- Shredded Cabbage
- Mexican Brown Rice

# Wednesday, February 26

- Meatballs w/ Marinara
- Broccoli
- Kaleslaw
- Apple

#### Thursday, February 27

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

# Friday, February 28

Oven Fried Chicken

- Chicken 3 Bean Soup

Menu subject to change

\$3 suggested donation

This Senior Nutrition

whole or in part by

Agency on Aging

- Rabbinical Council

(Kosher Certification)

of California

program is funded in

Los Angeles County Area

Coleslaw

- WG Roll

Potato Kugel