JEWISH FAMILY SERVICE LA

OAKWOOD RECREATION CENTER Monday - Friday 12:00pm-1:00pm

Monday, February 3

- Ginger Orange Tofu Bowl
- Shredded Carrots
- Pickled Red Cabbage
- Broccoli

Tuesday, February 4

- Mananeros Bowl
- Sweet Potato
- Kiwi
- Edamame

Wednesday, February 5

- Lemon Maple Salmon
- Shredded Carrots
- Edamame
- Steamed Broccoli
- Orange

Thursday, February 6

- Chicken Enchilada Bowl
- Roasted Red Peppers
- LS Black Beans
- Mandarins

Friday, February 7

- Cauliflower Romesco Tofu
- Roasted Seasoned Cauliflower Rice
- Pickled Red Cabbage
- Pineapple

Monday, February 10

- Breakfast for lunch
- Sweet Potato
- Pineapple
- Cooked Oats

Tuesday, February 11

- Chicken Curry Bowl
- Yukon Potatoes
- Roasted Carrots
- Baby Spinach
- Kiwi

Wednesday, February 12

- Turkey Taco Bowl
- LS Black Beans
- Roasted Corn Salad
- Orange

Thursday, February 13

- Creamy Lemon
 Broccoli Pilaf
- Broccoli
- Peas
- Chickpeas
- Peaches

Friday, February 14

- Pesto Chicken Pasta
- Diced Fresh Roma
 Tomatoes
- Baby Spinach
- Applesauce

Monday, February 17

CLOSED – PRESIDENTS DAY

Tuesday, February 18

- Pulled Pork Bowl
- Broccoli
- Peppers and Onions
- Peaches

Wednesday, February 19

- Chimichurri Chicken Bowl
- Spinach
- Diced Tomato
- Mandarins
- Brown Rice

Thursday, February 20

CLOSED – STAFF TRAINIG

Friday, February 21

- Thai Red Curry
- Roasted Carrots
- Broccoli
- Green onions
- Pineapples

Monday, February 24

- Eggs w/ Cheese Garnish
- Sweet Potato
- Orange
- Whole Grain English Muffin

Tuesday, February 25

- Calabacitas con Pollo
- Roasted Squash Corn
- Mixed Fruit
- Cilantro Brown Rice

Wednesday, February 26

- Turkey Taco Bowl
- Black Beans
- Roasted Corn Salad
- Peaches

Thursday, February 27

- Vegan Yakisoba Noodle Bowl
- Red Bell Pepper
- Spinach/ Carrot/ Cabbage Blend
- Pineapple

Friday, February 28

- Mexicali Chicken and Rice Bowl
- Corn
- Roasted Peppers and Onions
- Black Beans
- Kiwi
- Menu subject to change
- \$3 suggested donation

