

### 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

- Khorosht 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
- Coleslaw
- Potato Kugel
- WG Roll
- Chicken 3 Bean Soup

• 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)

