

## Thursday, January 2

- Tuna Noodle Casserole
- Tomato Bisque
- Spinach Mandarin Salad
- Fresh Fruit

## Friday, January 3

- Khoresht Garach Chicken
- Potato Kogel
- Coleslaw
- Quinoa

## Monday, January 6

- Salmon Patty
- Collard Greens
- Roasted Cauliflower
- Kasha

## Tuesday, January 7

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

## Wednesday, January 8

- Garlic Chicken
- Baked Sweet Potato
- Brown Rice Pilaf
- Seasoned Spinach

## Thursday, January 9

- Beef Bourguignon
- Garlic Mashed Potatoes
- Yellow Squash and Peas
- Whole Grain Roll

## Friday, January 10

- Lime Grilled Chicken
- Chicken Rice Soup
- Noodle Kugel
- Cake

## Monday, January 13

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

## Tuesday, January 14

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

## Wednesday, January 15

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

## Thursday, January 16

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

## Friday, January 17

- Oven Fried Chicken
- Collard Greens
- Mashed Sweet Potato
- Apple Cobbler

## Monday, January 20

**CLOSED**  
**MLK JR DAY**

## Tuesday, January 21

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

## Wednesday, January 22

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

## Thursday, January 23

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

## Friday, January 24

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

## Monday, January 27

- Hungarian Goulash
- Corn
- Carrots
- Kasha

## Tuesday, January 28

- Chicken Stroganoff
- Lentil Soup
- Spinach & Orange Salad
- Penne Pasta

## Wednesday, January 29

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

## Thursday, January 30

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

## Friday, January 31

- BBQ Chicken
- Chicken Rice Soup
- Potato Kugel
- Cake

- 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)

