

Monday, March 3

- White Fish with Cilantro Sauce
- Butternut Squash
- Penne Pasta
- Fruit

Tuesday, March 4

- BBQ Beef
- Corn
- Broccoli
- Split Pea Soup

Wednesday, March 5

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

Thursday, March 6

- Salmon Patty with Caper Sauce
- Seasoned Green Beans
- Spinach Salad
- Barley

Friday, March 7

- Hawaiian Chicken
- Seasoned Pea & Mushrooms
- Coleslaw
- Chicken Soup

Monday, March 10

- Hungarian Goulash
- Corn
- Carrots
- Kasha

Tuesday, March 11

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

Wednesday, March 12

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

Thursday, March 13

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

Friday, March 14

- **PURIM MEAL**
- Honey Glazed Chicken
- Roasted Potato
- Broccoli
- Hamantaschen

Monday, March 17

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

Tuesday, March 18

- Turkey Chili
- Baked Potato
- Seasoned Carrots
- Whole Grain Roll

Wednesday, March 19

- Steak Fajitas
- Mushroom Soup
- Mixed Green Salad
- Brown Rice

Thursday, March 20

- Vegetable Souffle
- Seasoned Cauliflower
- Broccoli Slaw
- Kasha

Friday, March 21

- Orange Glazed Chicken
- Seasoned Spinach
- Coleslaw
- Chicken Corn Soup

Monday, March 24

- Teriyaki Chicken
- Seasoned Broccoli
- Corn
- Barley

Tuesday, March 25

- Swedish Meatballs
- Penne Pasta
- Roasted Carrots & Beets
- Cucumber Dill Salad

Wednesday, March 26

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

Thursday, March 27

- Tuna Noodle Casserole
- Tomato Soup
- Spinach Mandarin Salad
- Seasoned Beets

Friday, March 28

- Chicken w/ Mushroom Sauce
- Potato Kugel
- Quinoa
- Chicken Veg Soup

Monday, March 31

- Salmon Patty
- Collared Greens
- Roasted Cauliflower
- Kasha

- 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)

