JEWISH FAMILY SERVICE LA

FELICIA MAHOOD MENU Monday - Friday 11:30am-1:00pm

Tuesday, April 1

- Scrambled Eggs
- Black Beans
- Sweet Potatoes
- Tortilla Strips

Wednesday, April 2

- Lemon Maple Salmon
- Shredded Carrots
- Steamed Broccoli
- Brown Rice

Thursday, April 3

- Chicken Enchilada Rotini
- Roasted Red Peppers
- Black Beans
- Mandarins

Friday, April 4

- Cauliflower Romesco
- Pickled Red cabbage
- Pineapple
- Turmeric Citrus Couscous

Monday, April 7

- Scrambled Eggs
- Sweet Potato
- Pineapple
- Cooked Oats

Tuesday, April 8

- Lemon Dill Chicken
- Yukon Potatoes
- Roasted carrots
- Baby spinach

Wednesday, April 9

- Turkey Taco bowl
- Roasted Corn Salad
- Whole Wheat Rotini
- Black Beans

Thursday, April 10

- Cream Lemon Pilaf
- Broccoli & Peas
- Chickpeas
- Brown Rice

Friday, April 11

- Pesto Chicken Pasta
- Roma Tomatoes
- Apple Sauce
- Whole Wheat Rotini Pasta

Monday, April 14

CLOSED FOR PASSOVER

Tuesday, April 15

- Pulled Pork Bowl
- Peppers & Onions
- Broccoli
- Whole Wheat Pasta

Wednesday, April 16

- · Chimichurri Chicken
- Spinach
- Tomatoes
- Mandarins

Thursday, April 17

- Yucatan Salmon
- Black Beans
- Corn salad
- Plantains

Friday, April 18

- Mananeros Bowl
- Scrambled Eggs
- Sweet Potato
- Ouinoa

Monday, April 21

- Turkey Taco Bowl
- Black Beans
- Roasted Corn Salad
- Whole Grain Rotini

Tuesday, April 22

- Grilled Chicken Breast
- Roasted Squash
- Cilantro Brown Rice
- Mixed Fruit Pack

Wednesday, April 23

- Turkey Cheeseburger Hash
- Balsamic Roasted Peppers
- Tomato Pickle Relish
- Yukon Potatoes

Thursday, April 24

- Eaa w/ Cheese
- Sweet Potato
- Orange
- Whole Grain English Muffin

Friday, April 25

- Mexicali Chicken
- Roasted Peppers & Onions
- Black Beans
- Brown Rice

Monday, April 28

- Ginger Orange Tofu
- Pickled Red Cabbage
- Apple Sauce
- Carrots & Broccoli

Tuesday, April 29

- Scrambled Eggs
- Black Beans
- Sweet Potatoes
- Tortilla Strips

Wednesday, April 30

- Lemon Maple Salmon
- Shredded Carrots
- Steamed Broccoli
- Brown Rice



- \$3 suggested donation

