

**PLEASE READ IMPORTANT INFORMATION ON THE BACK OF THIS MENU**

**MARCH 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* = contain Vitamin C                      ** = contain Vitamin A                      *** = Vitamin A &amp; C</p> 				
<p><b>4</b> *Orange Juice  <b>CHICKEN ADOBO</b>                      Brown Rice                      **Butter Squash or                      Sweet Potato                      Green Beans w/ Olive Oil                      Red Gelatin w/                      Assorted Fruit</p>	<p><b>5</b> Mushroom Soup  <b>TURKEY &amp; CURRY VEG</b>                      Whole Grain Roll                      Green Peas                      ***Spinach Salad                      1000 Island Dressing                      Banana</p>	<p><b>6</b> <b>BBQ CHICKEN</b>                      Cornbread                      **Herbed Carrots                      Mesclun Salad                      Ranch Dressing                      *Pineapple &amp; Mandarin                      Fruit Cup</p>	<p><b>7</b> *Orange Juice  <b>BEEF LASAGNA</b>                      Pasta in Entrée                      Roasted Brussels Sprouts                      Mixed Salad Greens                      w/ Radish                      Italian Dressing                      Apple or Applesauce</p>	<p><b>1</b> <b>TURKEY A LA KING</b>                      Parsley Noodles                      **Broccoli                      Mixed Green Salad w/                      Romaine Radish                      1000 Island Dressing                      *Pineapple and                      Mango fruit cup</p>
<p><b>11</b> Lentil Soup  <b>TURKEY BOLOGNESE</b>                      w/ Penne Pasta                      &amp; Tomato Sauce                      Herbed Zucchini &amp; Yellow                      Squash                      Caesar Salad w/Dessing                      *Pineapple &amp; Mango                      Fruit Cup</p>	<p><b>12</b>  <b>BEEF MEATLOAF</b>                      w/ Mushroom Sauce                      Whole Grain Bread                      Sage Mashed Potatoes                      **Broccoli                      ***Cantaloupe or                      *Orange or Tangerine</p>	<p><b>13</b> Minestrone Soup  <b>BAKED SALMON</b>                      w/ Dill Sauce                      Brown Rice Pilaf                      Roasted Corn                      ***Spinach Salad                      1000 Island Dressing                      Apple</p>	<p><b>14</b>  <b>OVEN FRIED CKN</b>                      Macaroni &amp; Cheese                      Green Beans                      w/ Herbs                      *Coleslaw                      Banana</p>	<p><b>15</b> <b>S. PATRICK MENU</b>                      *Orange Juice  <b>CORNE BEEF</b>                      Rye Bread                      Red Potatoes                      Steamed Cabbage                      **Carrots                      Vanilla Pudding</p>
<p><b>18</b> Hearty Veg Soup  <b>BAKED FISH</b>                      Barley Pilaf w/HerBs                      Green Beans                      w/ Almonds                      ***Broccoli Salad                      Apple or Applesauce</p>	<p><b>19</b> <b>CKN MILANESE</b>                      WG Linguine                      w/ Marinara Sauce                      Cauliflower &amp; Zucchini                      Caesar Salad                      Caesar Dressing                      *Mango &amp; Pineapple</p>	<p><b>20</b> *Orange Juice  <b>TKY TARRAGON STEW</b>                      Biscuit                      Vegetable in Entrée                      Mixed Salad Green                      Ranch Dressing                      Lemon Pudding</p>	<p><b>21</b>  <b>ASIAN BEEF PEP STEAK</b>                      Brown Rice                      **Mixed Asian                      Vegetables                      *Beet Salad w/                      Mandarin Oranges                      Peach or Pear</p>	<p><b>22</b> Corn Chowder  <b>SW SHREDED CHICKEN</b>                      Warm Tortilla                      Pinto Beans                      *Shredded Cabbage                      w/ Tomato                      Cilantro Dressing                      Banana</p>
<p><b>25</b>  <b>TURKEY VEG</b>  <b>STIR FRY</b>                      Ginger Sauce                      Jasmine Brown Rice                      Vegetables in Entrée                      **Carrot, Bell Pepper Salad                      *Orange</p>	<p><b>26</b>                      Slit Pea Soup  <b>TUNA SALAD</b> COLD PLATE                      Whole Grain Roll                      Herbed Potato Salad                      *Red &amp; Green Coleslaw                      Banana</p>	<p><b>27</b> <b>BEEF ENCHILADA</b>  <b>CASSEROLE</b>                      Corn Tortilla in Entrée                      Green Beans                      w/ Mushrooms                      Mesclun Salad Mix                      Cilantro Dressing                      *Fruit Cup</p>	<p><b>28</b> <b>C. CHAVEZ MENU</b>                      *Orange Juice  <b>CHICKEN MOLE</b>                      Spanish Rice                      Flour Tortilla                      **Peas &amp; Carrots                      Tomato Cucumber                      Italian Dressing                      Flan</p>	<p><b>29</b> *Orange Juice  <b>SPAGHETTI W/                      MEATBALLS</b>                      WG Pasta w Sauce                      **Mixed Vegetable                      Blend                      Caesar Salad                      Dressing                      Oatmeal Cookie</p>

MENU SUBJECT TO CHANGE

THANK YOU FOR YOUR DONATION

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