

# FOOD AND NUTRITION SERVICES | SENIOR NUTRITION PROGRAM



A family  
of services.  
A family  
that serves.

## LUNCH MENU

- Opica -

### APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 CHICKEN DIJON</b> Whole Grain Roll Rosemary Potatoes ***Mixed Salad Ranch Dressing Fresh or Unsweetened Canned Peach	<b>2 Vegetable Soup</b> <b>BEEF TIPS W/ MUSHROOM SAUCE</b> Noodles w/ Herbs **Carrots & Zucchini Mesclun Salad Mix Italian Dressing ***Cantaloupe or *Orange or Tangerine	<b>3</b> *Orange Juice <b>TRY STUFFED BELL PEP</b> Whole Grain Roll Whipped Cauliflower Romaine Salad w/ Tomato 1000 Island Dressing Chocolate Pudding	<b>4</b> Potato Leek Soup <b>BREADED FISH</b> Barley Pilaf w/ Parsley **Broccoli *Coleslaw Fresh Fruit Cup	<b>5 Red Bean Ginger Soup</b> <b>CASHEW CHKN BREAST</b> Jasmine Brown Rice Green Beans w/ Mushrooms *Beet Salad w/ Mandarin Oranges Apple or Applesauce
<b>8 Albondogas Soup</b> <b>BEEF FAJITA</b> Warm Flour Tortilla Pinto Beans Mesclun Mix Salad Cilantro Dressing ***Cantaloupe or *Orange or Tangerine	<b>9</b> *Orange Juice <b>SANTA FE CHICKEN</b> Brown Rice Pilaf Green Beans w/ Pimento Roasted Corn Oatmeal Cookie	<b>10</b> Tomato Basil Soup <b>BEEF HAMBURGER</b> Hamburger Bun Lettuce, Tomato, Onion Baked Potato Wedges *Red & Green Coleslaw Banana	<b>11</b> <b>CARIBBEAN CKN</b> Black Bean Sauce Whole Grain Roll Green Peas w/ Onions ***Carrot, Apple, Bell Pepper, Celery Salad Grapes or Pear	<b>12</b> <b>TURKEY A LA KING</b> Parsley Noodles **Broccoli Mixed Green Salad 1000 Island Dressing *Pineapple and Mango Fruit Cup
<b>15</b> *Orange Juice <b>CHICKEN ADOBO</b> Brown Rice **Butternut Squash or Sweet Potato Green Beans w/ Olive Oil Red Gelatin w/ Assorted Fruit	<b>16 Mushroom Soup</b> <b>TURKEY &amp; CURRY VEG</b> Whole Grain Roll Green Peas ***Spinach Salad 1000 Island Dressing Banana	<b>17</b> <b>BBQ CHICKEN</b> Cornbread **Herbed Carrots Mesclun Salad Ranch Dressing *Pineapple & Mandarin Fruit Cup	<b>18</b> *Orange Juice <b>BEEF LASAGNA</b> Pasta in Entrée Roasted Brussels Sprouts Mixed Salad Greens w/ Radish Italian Dressing Apple or Applesauce	<b>19 <u>EASTER MENU</u></b> *Orange Juice <b>TURKEY W/ CRANBERRY SAUCE</b> Rice pilaf Whole Grain **Whipped Sweet Potato Mixed Green Salad Italian Dressing Tapioca Pudding
<b>22 Lentil Soup</b> <b>TURKEY BOLOGNESE</b> w/ Penne Pasta Tomato Sauce Herbed Zucchini & Yellow Squash Caesar Salad w/ Dressing *Pineapple & Mango Fruit Cup	<b>23 ROAST CHICKEN</b> Steamed carrots Oven Roasted Potatoes Mixed Green Salad **Coconut Macaroon Cookies *Grage Juice	<b>24 Minestrone Soup</b> <b>BAKED SALMON</b> w/ Dill Sauce Brown Rice Pilaf Roasted Corn ***Spinach Salad 1000 Island Dressing Apple	<b>25</b> <b>OVEN FRIED CKN</b> Macaroni & Cheese Green Beans w/ Herbs *Coleslaw Banana	<b>26 ROAST TURKEY BREAST / Gravy</b> Cranberry Sauce Whole Grain Bread stuffing Roasted Brussels Sprouts **Freh Baked Sweet Potato or Yam Chocolate Chip Cookie
<b>29 Hearty Veg Soup</b> <b>BAKED FISH</b> Barley Pilaf w/ Herbs Green Beans w/ Almonds ***Broccoli Salad Apple or Applesauce	<b>30 CKN MILANESE</b> WG Linguine w/ Marinara Sauce Cauliflower & Zucchini Caesar Salad Dressing *Mango & Pineapple	* <b>Vitamin C</b> ** <b>Vitamin A</b> *** <b>Vitamin A &amp; C</b>	 	

MENU SUBJECT TO CHANGE

**THANK YOU FOR YOUR DONATION**

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