

# FOOD AND NUTRITION SERVICES | SENIOR NUTRITION PROGRAM



A family  
of services.  
A family  
that serves.

## LUNCH MENU

### OPICA

## MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* = contain Vitamin C ** = contain Vitamin A *** = Vitamin A &amp; C</p> <p><i>Mother's Day</i> <b>May 12<sup>th</sup></b></p>				
		<p><b>1</b> *Orange Juice <b>TKY TARRAGON STEW</b> Biscuit Mixed Vegetables (Vegetable in Entrée) Mixed Salad Green Ranch Dressing Lemon Pudding</p>	<p><b>2</b> <b>ASIAN BEEF PEP STEAK</b> Brown Rice **Mixed Asian Vegetables *Beet Salad w/ Mandarin Oranges Peach or Pear</p>	<p><b>3</b> <b>CINCO DE MAYO MENU</b> *Orange Juice <b>BEEF ENCHILADA</b> Mexican Rice Pinto Beans Mixed Green Salad 1000 Island Dressing Flan</p>
<p><b>6</b> <b>TURKEY VEG STIR FRY</b> Ginger Sauce Jasmine Brown Rice Vegetables in Entrée **Carrot, Bell Pepper Salad *Orange</p>	<p><b>7</b> Slit Pea Soup <b>TUNA SALAD</b> COLD PLATE Whole Grain Roll Herbed Potato Salad *Red &amp; Green Coleslaw Banana</p>	<p><b>8</b> <b>BEEF ENCHILADA CASSEROLE</b> Corn Tortilla in Entrée Green Beans w/ Mushrooms Mesclun Salad Mix Cilantro Dressing *Fruit Cup</p>	<p><b>9</b> Tuscan Vegetable Soup <b>TANDOORI CHICKEN</b> Pita Bread **Ginger Carrots Mixed Salad Greens Ranch Dressing *Cantaloupe or Tangerine</p>	<p><b>10</b> <b>MOTHERS DAY MENU</b> *Orange Juice <b>HERB LEMON CKN BREAST</b> Wheat Roll Rice Pilaf **Baked Butternut Squash or Fresh Sweet Potato/Yam Romaine Salad Ranch Drsg Cake</p>
<p><b>13</b> <b>CHICKEN DIJON</b> Whole Grain Roll Rosemary Potatoes ***Mixed Salad Ranch Dressing Fresh or Unsweetened canned Peach</p>	<p><b>14</b> Vegetable Soup <b>BEEF TIPS W/ MUSHROOM SAUCE</b> Noodles w/ Herbs **Carrots &amp; Zucchini Mesclun Salad Mix Italian Dressing ***Cantaloupe or *Orange or Tangerine</p>	<p><b>15</b> *Orange Juice <b>TRY STUFFED BELL PEP</b> Whole Grain Roll Whipped Cauliflower Romaine Salad w/ Tomato 1000 Island Dressing Chocolate Pudding</p>	<p><b>16</b> Potato Leek Soup <b>BREADED FISH</b> Barley Pilaf w/ Parsley Broccoli *Coleslaw Fresh Fruit Cup</p>	<p><b>17</b> Red Bean Ginger Soup <b>CASHEW CHKN BREAST</b> Jasmine Brown Rice Green Beans w/ Mushrooms *Beet Salad w/ Mandarin Oranges Apple or Applesauce</p>
<p><b>20</b> Albondogas Soup <b>BEEF FAJITA</b> Warm Flour Tortilla Pinto Beans Mesclun Mix Salad Cilantro Dressing ***Cantaloupe or *Orange or Tangerine</p>	<p><b>21</b> *Orange Juice <b>SANTA FE CHICKEN</b> Brown Rice Pilaf Green Beans w/ Pimento Roasted Corn Oatmeal Cookie</p>	<p><b>22</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>23</b> <b>CARIBBEAN CKN</b> Black Bean Sauce Whole Grain Roll Green Peas w/ Onions ***Carrot, Apple, Bell Pepper, Celery Salad Grapes or Pear</p>	<p><b>24</b> <b>MEMORIAL DAY MENU</b> *Orange Juice BBQ BEEF ON BUN Corn Tossed Green Salad French Dressing Watermelon</p>
<p><b>27</b> <b>JFS OFFICES WILL BE CLOSED</b></p>	<p><b>28</b> Mushroom Soup <b>TURKEY &amp; CURRY VEG</b> Whole Grain Roll Green Peas ***Spinach Salad 1000 Island Dressing Banana</p>	<p><b>29</b> <b>BBQ CHICKEN</b> Cornbread **Herbed Carrots Mesclun Salad Ranch Dressing *Pineapple &amp; Mandarin Fruit Cup</p>	<p><b>30</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>31</b> Tortilla Soup <b>BAKED FISH W/ CILANTRO PESTO SAUCE</b> Vegetable Rice Pilaf Whipped Cauliflower **Carrot Raisin Salad ***Cantaloupe or Orange or Tangerine</p>

MENU SUBJECT TO CHANGE

**THANK YOU FOR YOUR DONATION**

THIS INSTITUTE IS AN EQUAL OPPORTUNITY PROVIDER. A NON-SECTARIAN PROGRAM OF JEWISH FAMILY SERVICE OF LOS ANGELES, THE CITY OF LOS ANGELES AND THE CITY OF WEST HOLLYWOOD. THIS PROJECT IS FUNDED IN WHOLE OR IN PART BY THE COUNTY OF LOS ANGELES FROM FUNDS MADE AVAILABLE UNDER THE OLDER AMERICANS ACT RECEIVED BY THE COUNTY. JFS IS A BENEFICIARY OF THE JEWISH FEDERATION AND THE UNITED WAY.