

FOOD AND NUTRITION SERVICES | SENIOR NUTRITION PROGRAM



A family
of services.
A family
that serves.

LUNCH MENU

OPICA

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2</p> <p>JFS & OPICA OFFICES WILL BE CLOSED</p>	<p>3</p> <p>BEEF FAJITA Warm Flour Tortilla Spanish Rice Pinto Beans **Carrot, Raisin Salad *Tangerine/Tangelo</p>	<p>4</p> <p>GARLIC ROASTED CHICKEN WG Noodles w/ Herbs Whipped Cauliflower *Coleslaw Peach/Nectarine/Plum</p>	<p>5</p> <p>Corn Chowder TUNA SALAD PLATE Whole Grain Bread(1) Green Salad 1,000 Island Dressing ***Broccoli Salad *Fruit Cup w/ Melon and Strawberries</p>	<p>6</p> <p>Lentil Soup CHICKEN CACCIATORE WG Baked Ziti w/ Sauce **Carrots & Zucchini w/ Herbs *Mixed Salad Greens w/ Brussel Sprouts Italian Dressing Apple</p>	
<p>9</p> <p>SWEDISH BEEF MEATBALLS WG Tarragon Noodles Beet w/ Mandarin Orange Peas w/ Onions Banana</p> <p>Wk 5</p>	<p>10</p> <p>Veg Barley Soup OVEN FRIED CHICKEN Macaroni & Cheese **Fresh Baked Sweet Potato *Coleslaw w/ Pineapple Fresh Fruit in Season</p>	<p>11</p> <p>TURKEY CHOW MEIN Jasmine Brown Rice Vegetables in entrée Mixed Green Salad Asian Dressing *Fruit Cup</p>	<p>12</p> <p>*Orange Juice CHEESEBURGER Cheese, Lettuce, Tomato Onion WG Bun Oven Roasted Red Potato **Carrot Raisin Salad Tapioca or Rice Pudding</p>	<p>13</p> <p>Split Pea Soup BAKED SALMON W/ DILL SAUCE WG Roll Whopped Cauliflower ***Spinach Salad w/ Mandarin Orange Ranch or French Drsg Fresh Peach or Pear</p>	
<p>16</p> <p>Egg Drop Soup CASHEW CHICKEN Jasmine Brown Rice **Carrots & Zucchini w/ Herbs *Coleslaw Mixed Fresh Fruit Cup</p> <p>Wk 6</p>	<p>17</p> <p>BEEF STUFFED BELL PEPPER WG Roll (1) **Broccoli Crowns ***Mixed Salad 1000 Dressing Vanilla Pudding</p>	<p>18</p> <p>Butternut Squash Soup BAKED FISH W/ CILANTRO SAUCE Vegetable Barley Pilaf Peas and Onions **Spinach Salad w/ Tomato Vinaigrette Dressing *Orange</p>	<p>19</p> <p><u>COLD PLATE</u> Chinese Veg Soup CHINESE CHKN SALAD WG Roll (1) *Mixed Salad Greens Sesame Dressing Beet and Onion Salad Fresh Fruit in Season</p>	<p>20</p> <p>*Orange Juice TURKEY LASAGNA Noodles in Entrée WG Roll (1) Mesclun Salad Mix Italian Dressing Cantaloupe</p>	
<p>23</p> <p>Tomato Basil Soup TUNA SALAD COLD PLATE Whole Grain Roll ***Broccoli Salad **Spinach Salad w/ Cucumber Vinaigrette Dressing *Orange or Strawberries</p> <p>Wk 1</p>	<p>24</p> <p>*Orange Juice TANDOORI STYLE CKN Pita Bread Brown Rice **Ginger Carrots Mesclun Salad Mix Ranch Dressing Banana</p>	<p>25</p> <p>SPAGHETTI w/ BEEF MEATBALLS WG Pasta w/ Tomato Sauce Italian Vegetable Blend Caesar Salad w/ Dressing ***Cantaloupe or **Tangerine</p>	<p>26</p> <p>TARRAGON TURKEY STEW Biscuit (1) Barley in Entrée Stew Vegetables in Entrée *Green Salad Italian Dressing Fresh Fruit Cup</p>	<p>27</p> <p>Tortilla Soup BBQ CHICKEN WG Roll (1) Black-Eyed Peas ***Cabbage Kale Salad w/ Celery 1000 Island Dressing Apple or Applesauce</p>	
<p>30</p> <p>Roast LS Turkey Breast w/Gravy Cranberry Sauce WG Bread Stuffing Yam Romaine Salad ***Cup of fruit</p> <p>Wk 2</p>					

MENU SUBJECT TO CHANGE

THANK YOU FOR YOUR DONATION

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