

JCC Bobbie Epstein Lewis Senior Adult Dining Program

AUGUST 2023 MENU

Meals are prepared daily by JCC's Chef Donna Carullo

Menu meets 1/3 RDA and has lowered amounts of sodium, cholesterol, fat and sugar. All meats are kosher and under the supervision of the Syracuse Vaad Ha'ir. The Bobbi Epstein Lewis Senior Adult Dining Program is funded by a grant from the Administration on Aging, New York State Office for the Aging and Onondaga County Office for Aging. Additional funds are provided by the JCC. A \$5.00 lunch & \$6.00 dinner suggested contribution for seniors, \$8.00 under age 60. If you have any food allergies, please notify us.

Jewish Community Center 5655 Thompson Road Dewitt NY. For Reservations call: 315-445-2360.

Due to issues with food supplies, the menu items may change without notice

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	Tuna on wheat w/lettuce & tomato, oven fries and red grapes.	Pita pizza w/roasted vegetables, tossed salad and pineapple.	Pulled BBQ Chicken on a bun, baked beans, and fresh strawberries.	Salmon w/dill, baked potato, oven roasted vegetables, mashed sweet potatoes and an oatmeal cookie.
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
<u>Dinner</u> Chicken Marsala, rice pilaf, glazed carrots, a brownie, and watermelon.	Corned beef on rye, pickle spear, fries, coleslaw, and mixed berries.	Egg salad on wheat w/lettuce & tomato, broccoli salad and watermelon.	Meat loaf, mashed potatoes, green beans, and an apple.	Orange glazed chicken, mixed vegetables, mashed sweet potatoes and an oatmeal cookie.
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
<u>Dinner</u> Haddock, rosemary roasted potatoes, asparagus, and mixed fresh fruit.	Cheese Quiche, oven fries, tossed salad and a fresh pear.	Imitation crab cakes, fresh corn on the cob and fresh strawberries.	Chicken Shawarma w/lettuce, tomato, and cucumber & an oatmeal cookie.	Slow roasted BBQ Brisket, baked beans, fresh corn and berry crisp.
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
<u>Dinner</u> Honey glazed roasted chicken, homemade stuffing, fresh green beans, and apple crisp.	Tomato basil soup, grilled cheese sandwich and strawberries.	Burger on a bun w/lettuce & tomato, fries, and an orange.	Fresh roasted turkey sandwich on wheat, w/lettuce & tomato, fries, and fresh fruit.	Chicken Piccata w/orzo, roasted vegetables, and a brownie.
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
<u>Dinner</u> Salmon w/dill, baked potato, oven roasted vegetables and peach cobbler.	Maple glazed chicken, stuffing, fresh green beans, and a chocolate chip cookie.	Vegetable Lasagna, dinner roll, cucumber & tomato salad, and mixed melon.	Chicken fried rice, egg drop soup and a pear.	