

JCC Bobbie Epstein Lewis Senior Adult Dining Program

SEPTEMBER 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 meals are kosher and under the supervision of the Syracuse Vaad Ha'ir. The Bobbi Epstein Lewis Senior Adult Dining Program is funded in part by Onondaga County Adult and Long-Term Care Services, New York State Office for the Aging, and the Jewish Federation of Central New York. Additional funds are provided by the JCC. A \$5.00 suggested contribution for seniors and \$8.00 under age 60.

Jewish Community Center 5655 Thompson Road Dewitt NY. For Reservations call: 315-445-2360-ext # 100.

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				FRIDAY 1
				Herb rubbed chicken, mashed potatoes, mixed vegetables, and apple crisp.
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
"Labor Day" CLOSED (Fitness & Pool open)	Corned beef on Rye, pickle spear, coleslaw, and an orange.	Cheese Quiche, hash browns, tossed salad and a pear.	Pulled BBQ chicken on a bun, baked beans, tossed salad and pineapple.	Rosh Hashanah Celebration! Brisket, Roasted fall vegetables, baked potato, and apple cake.
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Baked ziti, tossed salad, dinner roll, and an oatmeal cookie.	Chicken fried rice, egg drop soup and a pear.	Stuffed cabbage, dinner roll, honey glazed carrots and an apple.	Tuna on wheat w/lettuce & tomato, oven fries and a chocolate chip cookie.	Chicken Rollatini, peas & corn, cranberry sauce, and cinnamon swirl cake.
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Chicken Shawarma on lettuce w/cucumber & tomatoes, dinner roll and an orange.	Tomato basil soup, grilled cheese sandwich and an apple.	FLU CLINIC Oven roasted Turkey Sandwich, broccoli salad and a sugar cookie.	Meatloaf, mashed potatoes, green beans, and a pear.	Salmon w/Dill, baked potato, green beans, and a brownie.
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
"Yom Kippur" CLOSED (Whole JCC)	Burger on a Bun w/lettuce & tomato, fries, and an orange.	Pita pizza w/roasted vegetables, tossed salad and pineapple.	Vegetable Lasagna, tossed salad, dinner roll and red grapes.	Stuffed flounder, baked potato, carrot coins & Cinnamon Swirl Cake.