

JCC Bobbie Epstein Lewis Senior Adult Dining Program

OCTOBER 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 \$4.25 suggested contribution for seniors, \$5.00 under age 60.

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

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Imitation Crab Cakes, baked potato, string beans and Pineapple.	Beef Stew over egg noodles, dinner roll and an orange.	Baked ziti, tossed salad, dinner roll and an oatmeal cookie.	Meatloaf, mashed potatoes, green beans, and a pear.	Fresh roasted Turkey, homemade stuffing, roasted Butternut Squash, and a lemon cookie.
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Cheese Quiche, hash browns, tossed salad and red grapes.	Chicken Shawarma on lettuce, tomato & cucumbers, and an oatmeal cookie.	Vegetable Lasagna, tossed salad, dinner roll and red grapes.	Egg salad on wheat w/lettuce & tomato, broccoli salad and an apple.	Brisket, baked beans, mixed vegetables, and a brownie.
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Tuna salad on wheat w/lettuce & tomato, vegetable soup and red grapes.	Pulled BBQ chicken on a bun, baked beans, tossed salad and pineapple.	<u>FLU CLINIC</u> Corned beef on Rye, potato salad and an orange.	Hamburger on a bun w/sauteed onions, fries, pickle spear and an orange.	Honey glazed chicken, roasted Brussel sprouts, baked potato and apple crisp.
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Oven roasted Turkey sandwich on wheat w/lettuce & tomato, potato salad and a sugar cookie.	Stuffed cabbage, carrot coins, dinner roll and a pear.	Pita bread pizza w/oven roasted vegetables, tossed salad and a chocolate chip cookie.	Chicken rollatini, mixed vegetables, cranberry sauce, and an apple.	Stuffed Flounder, baked potato, green beans and a brownie.
MONDAY 30	TUESDAY 31			
Oven roasted chicken, mashed potatoes, peas & corn, and a sugar cookie.	Tomato basil soup, grilled cheese sandwich, tossed salad and an oatmeal cookie.			