

# JCC Bobbie Epstein Lewis Senior Adult Dining Program

## NOVEMBER 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.

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

		<b>WEDNESDAY</b> 1	<b>THURSDAY</b> 2	<b>FRIDAY</b> 3
		Macaroni & Cheese, tossed salad, oatmeal cookie and an orange.	Chicken Rollatini, mixed vegetables, cranberry sauce, and an orange.	Salmon w/Dill, roasted Brussel Sprouts, baked potato, and apple crisp.
<b>MONDAY</b> 6	<b>TUESDAY</b> 7	<b>WEDNESDAY</b> 8	<b>THURSDAY</b> 9	<b>FRIDAY</b> 10
Hamburger on a bun w/sauteed onions, pickle spear, fries, and an apple.	Cheese Lasagna, tossed salad, dinner roll and peaches.	Cheese Quiche, tossed salad, hash brown potatoes and an orange.	Chicken Shawarma, lettuce, tomato, cucumber, oatmeal cookie and a dinner roll.	Brisket, mashed potatoes, mixed vegetables, and a brownie.
<b>MONDAY</b> 13	<b>TUESDAY</b> 14	<b>WEDNESDAY</b> 15	<b>THURSDAY</b> 16	<b>FRIDAY</b> 17
Beef Stew over egg noodles, dinner roll and pineapple.	Baked ziti, dinner roll, tossed salad and red grapes.	Imitation crab cakes, baked potato, string beans and pineapple.	Meatloaf, mashed potatoes, green beans, and an apple.	<b>THANKSGIVING</b> Fresh roasted Turkey, homemade stuffing, mashed potatoes, cranberry sauce, and apple cake.
<b>MONDAY</b> 20	<b>TUESDAY</b> 21	<b>WEDNESDAY</b> 22	<b>THURSDAY</b> 23	<b>FRIDAY</b> 24
Vegetable soup, Tuna on wheat w/lettuce & tomato and red grapes.	Tomato basil soup, grilled cheese sandwich, tossed salad and an oatmeal cookie.	Herb rubbed roasted chicken, green beans, baked potato, and an apple.	"Thanksgiving" <b>CLOSED</b> (Fitness Open)	"Thanksgiving" <b>CLOSED</b> (Fitness Open)
<b>MONDAY</b> 27	<b>TUESDAY</b> 28	<b>WEDNESDAY</b> 29	<b>THURSDAY</b> 30	
Stuffed cabbage, carrot coins, dinner roll and a pear.	Vegetable pita pizza, tossed salad and an oatmeal cookie.	Chicken fried rice, egg drop soup and an orange.	Corned beef on rye, pickle spear, potato salad and cantaloupe.	