

JCC Bobbie Epstein Lewis Senior Adult Dining Program

DECEMBER 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
				Chicken Rollatini, mixed vegetables, tossed salad and a brownie.
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Corned beef on Rye, knish, coleslaw, pickle spear and an orange.	Hamburger on a bun w/sauteed onion, pickle spear, French fries, and an apple.	Cheese Quiche, dinner roll, tossed salad and an oatmeal cookie.	Stuffed cabbage, carrot coins, dinner roll and red grapes.	HANUKKAH CELEBRATION! Orange glazed chicken, green beans, jelly donut and a pear.
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Chicken noodle soup, egg salad sandwich w/lettuce & tomato, sugar cookie and pineapple.	Beef stew over egg noodles, dinner roll and red grapes.	Baked ziti, dinner roll, tossed salad and an orange.	Sweet & sour meatballs over rice, mixed vegetables, and an apple.	Stuffed flounder, baked potato, carrot coins and cinnamon swirl cake.
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Macaroni & cheese, tossed salad, oatmeal cookie and an orange.	Meatloaf, mashed potatoes, mixed vegetables, and an apple.	Split pea soup, vegetable pita pizza, tossed salad and red grapes.	Chicken fried rice, egg drop soup, a sugar cookie, and an orange.	Fresh roasted turkey, homemade stuffing, mashed potatoes, cranberry sauce, and a chocolate chip cookie.
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
CLOSED	Tomato basil soup, grilled cheese sandwich, tossed salad and red grapes.	Chicken Shawarma on lettuce, tomato, and cucumbers, dinner roll and an oatmeal cookie.	Vegetable soup, Tuna sandwich on wheat w/lettuce & tomato, and a chocolate chip cookie.	NEW YEAR'S CELEBRATION! Salmon w/dill, roasted Brussel sprouts, baked potato, and apple cake.