

# JCC Bobbi Epstein Lewis Senior Adult Dining Program

## FEBRUARY 2024 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>THURSDAY</b> 1	<b>FRIDAY</b> 2
			Hawaiian Chicken over rice, peas & carrots, and an apple.	Brisket, mashed potatoes, green beans, and a brownie.
<b>MONDAY</b> 5	<b>TUESDAY</b> 6	<b>WEDNESDAY</b> 7	<b>THURSDAY</b> 8	<b>FRIDAY</b> 9
Sweet & Sour Meatballs over rice, mixed vegetables, and an orange.	Hamburger on a bun w/sauteed onions, sweet potato fries, tossed salad and red grapes.	Vegetable Lasagna, dinner roll, tossed salad and a chocolate chip cookie.	Imitation crab cakes, sweet potato fries, mixed vegetables, and pineapple.	Fresh roasted Turkey, stuffing, cranberry sauce, mixed vegetables and apple cake.
<b>MONDAY</b> 12	<b>TUESDAY</b> 13	<b>WEDNESDAY</b> 14	<b>THURSDAY</b> 15	<b>FRIDAY</b> 16
Roasted chicken, baked potato, mixed vegetables, and an oatmeal cookie.	Corned beef on Rye, pickle spear, potato salad and an orange.	Baked ziti, dinner roll, tossed salad and red grapes.	Meatloaf, peas & corn, mashed potatoes, and an apple.	Nantucket Haddock, baked potatoes, green beans, and cinnamon swirl cake.
<b>MONDAY</b> 19	<b>TUESDAY</b> 20	<b>WEDNESDAY</b> 21	<b>THURSDAY</b> 22	<b>FRIDAY</b> 23
Vegetable soup, tuna on wheat w/lettuce, pickle spear and an orange.	Beef stew over egg noodles, dinner roll and an orange.	Macaroni & cheese, tossed salad, an orange and an oatmeal cookie.	Chicken Shawarma on lettuce, tomato and cucumbers, dinner roll and a pear.	Fresh Salmon w/dill, baked potato, Brussel sprouts and a brownie.
<b>MONDAY</b> 26	<b>TUESDAY</b> 27	<b>WEDNESDAY</b> 28	<b>THURSDAY</b> 29	
Chicken Rollatini, peas & carrots, dinner roll and an orange.	Tomato basil soup, grilled cheese sandwich and an orange.	Vegetable soup, spinach cheese Quiche, tossed salad and pineapple.	Stuffed cabbage, carrot coins dinner roll and a sugar cookie.	