

# JCC Bobbi Epstein Lewis Senior Adult Dining Program

## MARCH 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>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
				<b>1</b> Orange glazed chicken, mashed potatoes, asparagus, and apple cake.
<b>MONDAY</b> 4	<b>TUESDAY</b> 5	<b>WEDNESDAY</b> 6	<b>THURSDAY</b> 7	<b>FRIDAY</b> 8
Hamburger on a bun w/sauteed onions, coleslaw, sweet potato fries and an orange.	Tomato basil soup, grilled cheese sandwich and mixed berries.	Vegetable Lasagna, dinner roll, tossed salad and a chocolate chip cookie.	Chicken Shawarma over lettuce, tomatoes & cucumbers, dinner roll and an oatmeal cookie.	Stuffed Flounder, baked potato, mixed vegetables and a lemon cookie.
<b>MONDAY</b> 11	<b>TUESDAY</b> 12	<b>WEDNESDAY</b> 13	<b>THURSDAY</b> 14	<b>FRIDAY</b> 15
Vegetable soup, Spinach Quiche, tossed salad and mixed berries.	Corned beef on Rye, pickle spear, potato salad and a chocolate chip cookie.	Macaroni & cheese, tossed salad, an apple, and a sugar cookie.	Sweet & sour meatballs over rice, mixed vegetables, and an apple.	Fresh roasted Turkey, stuffing, cranberry sauce, mixed vegetables, and Chocolate cake.
<b>MONDAY</b> 18	<b>TUESDAY</b> 19	<b>WEDNESDAY</b> 20	<b>THURSDAY</b> 21	<b>FRIDAY</b> 22
Beef stew over egg noodles, dinner roll and an orange.	Chicken Shawarma on lettuce, tomato and cucumbers, dinner roll and a pear.	Meatloaf, mashed potatoes, green beans, and an apple.	Chicken Rollatini, mixed vegetables and an orange.	Honey mustard Salmon, baked potato, carrot coins and a brownie.
<b>MONDAY</b> 25	<b>TUESDAY</b> 26	<b>WEDNESDAY</b> 27	<b>THURSDAY</b> 28	<b>FRIDAY</b> 29
Roasted chicken, baked potato, mixed vegetables, and an oatmeal cookie.	Stuffed Cabbage, carrot coins, dinner roll and a Chocolate chip cookie.	Imitation crab cakes, sweet potato fries, mixed vegetables, and pineapple.	Hawaiian Chicken over rice, peas & carrots, and an apple.	Brisket, mashed potatoes, broccoli, and cinnamon swirl cake.