

JCC Bobbi Epstein Lewis Senior Adult Dining Program

APRIL 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

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Chicken noodle soup, egg salad sandwich w/lettuce & tomato and strawberries.	Corned beef on Rye, French fries, coleslaw, and a chocolate chip cookie.	Baked ziti, dinner roll, tossed salad and an oatmeal cookie.	Meatloaf, mashed potatoes, green beans, and an orange.	Fresh Salmon w/Dill, baked potato, green beans, and a brownie
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Hamburger on a bun w/sauteed onions, sweet potato fries and an orange.	Macaroni & cheese, tossed salad and a sugar cookie.	Imitation crab cakes, chicken noodle soup, baked potato, mixed vegetables, and grapes.	Chicken Rollatini, mixed vegetables, dinner roll and an orange.	Brisket, mashed potatoes, broccoli, and cinnamon swirl cake.
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Beef Stew over egg noodles, dinner roll and an orange.	Tomato basil soup, grilled cheese sandwich and mixed berries.	Fresh roasted turkey sandwich on wheat w/lettuce & tomato, sweet potato fries and an apple.	BBQ pulled Chicken on a bun, baked beans, tossed salad and strawberries.	<u>Passover Celebration!</u> Roasted chicken, baked potato, oven roasted vegetables and lemon cake.
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
CLOSED "Passover" (ASP, ECDP & office & Fitness open)	CLOSED "Passover" (Fitness open)	CLOSED "Passover" (Fitness open)	CLOSED "Passover" (ASP, ECDP, office & Fitness open)	CLOSED "Passover" (ASP, ECDP, office & Fitness open)
MONDAY 29	TUESDAY 30			
CLOSED "Passover" (ASP, ECDP & Fitness open)	CLOSED "Passover" (ASP, ECDP & Fitness open)			