

JCC Bobbi Epstein Lewis Senior Adult Dining Program

MAY 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 meats are kosher and under the supervision of the Syracuse Vaad Ha'ir. The Bobbi Epstein Lewis Senior Adult Dining Program is funded by a grant from the Administration on Aging, New York State Office for the Aging and Onondaga County Office for Aging. Additional funds are provided by the JCC. A \$5.00 suggested contribution for seniors, \$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

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Baked Chicken, stuffing, cranberry sauce & portobello mushrooms and a sugar cookie.	Vegetable Lasagna, tossed salad, dinner roll and Watermelon.	<u>Lunch & Learn</u> Honey mustard chicken, mashed potatoes, Broccoli, and a brownie.
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Egg salad on wheat w/lettuce & tomato, pickle spear & Cantaloupe.	Tomato basil soup, grilled cheese sandwich and strawberries.	Imitation crab cakes, sweet potato fries, Broccoli, and a Orange.	Hamburger on a bun w/sauteed onions, pickle spear, French fries, a oatmeal cookie and Pineapple.	<u>Mother's Day Celebration</u> Salmon w/Dill, baked potato, oven roasted Asparagus and Strawberry Short cake.
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Sweet & Sour meatballs over rice, tossed salad and an orange.	Macaroni & cheese, tossed salad and mixed berries.	Chicken, pasta salad w/peppers, dinner roll and an oatmeal cookie.	Pulled BBQ chicken on a bun, baked beans, fresh corn on the cob and an Orange.	Orange glazed chicken, oven roasted Broccoli, Carrots and Cauliflower, mashed potatoes & Cinnamon Swirl cake.
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Tuna on wheat w/lettuce & tomato, pickle spear, coleslaw and a sugar cookie.	Fresh roasted Turkey sandwich on wheat w/lettuce & tomato, potato salad and Melon.	Fish Taco bowls, Dinner roll and fresh Strawberries.	Meatloaf, mashed potatoes, fresh green beans and mixed melon.	Nantucket Haddock, baked potato, Asparagus, and a chocolate chip cookie.
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Closed "Memorial Day" (fitness & pool open)	Chicken Shawarma, Lettuce, tomato & cucumbers, dinner roll and Pineapple.	Spinach Quiche, potato wedges, tossed salad and watermelon.	Spaghetti w/meat sauce, dinner roll, tossed salad and an Oatmeal cookie.	Chicken Rollatini, Asparagus, cranberry sauce and mixed berries.