

# JCC Bobbi Epstein Lewis Senior Adult Dining Program

## JUNE 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 lunch & \$6.00 dinner 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\***

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Tuna on wheat w/lettuce & tomato, pickle spear and a sugar cookie.	Fresh roasted turkey sandwich on wheat w/lettuce & tomato, potato salad and grapes.	Fish taco bowl, dinner roll and Pineapple.	Cheese tortellini, dinner roll, tossed salad and melon.	<b>Lunch &amp; Learn</b> Honey mustard chicken, mashed potatoes, glazed carrots, and a brownie.
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Roasted chicken, fruited rice, Portobello mushrooms and strawberries.	Tomato basil soup, grilled cheese sandwich and strawberries.	<b>CLOSED</b> "Shavuot" (ASP, ECDP & Fitness open)	<b>CLOSED</b> "Shavuot" (ASP, ECDP & Fitness open)	<b>Father's Day Celebration!</b> Salmon w/Dill, baked potato, mixed vegetables, and pineapple upside down cake.
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
<b>Dinner</b> Nantucket Haddock, fresh roasted asparagus, baked potato and strawberry shortcake.	Corned Beef on Rye, French Fries, pickle spear and a lemon cookie.	Chicken pasta salad, dinner roll and Oatmeal cookie.	Spaghetti w/meat sauce, dinner roll, tossed salad and mixed Berries.	Orange glazed chicken, oven roasted vegetables, mashed potatoes, and cinnamon swirl cake.
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
<b>Dinner</b> Honey mustard Salmon, Vegetable Kabobs, wild rice, and Peach upside down cake.	Chicken Shawarma, lettuce, tomato & cucumbers, dinner roll and an oatmeal cookie.	Macaroni & cheese, tossed salad and watermelon.	Meatloaf, mashed potatoes, fresh green beans, and fresh fruit salad.	Chicken Rollatini, oven roasted Asparagus, cranberry sauce and mixed berries.