

JCC Bobbi Epstein Lewis Senior Adult Dining Program

JULY 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 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
<u>Dinner</u> Stuffed Founder, baked potato, green beans and berry crisp.	Hamburger on a bun w/sauteed onions, pickle spear, French fries and strawberries.	Chicken, pasta salad, dinner roll and an oatmeal cookie.	CLOSED "Independence Day" (Fitness & pool open)	Salmon w/Dill, baked potato, mixed vegetables and watermelon.
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
<u>Dinner</u> Moroccan Chicken over couscous, tossed salad and fresh fruit salad.	Tomato basil soup, grilled cheese sandwich and mixed berries.	Imitation crab cakes, oven fries, corn on the cob and a lemon cookie.	Meat loaf, baked potato, green beans and mixed melon.	Slow roasted BBQ Brisket, baked beans, fresh corn on the cob and berry crisp.
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
<u>Dinner</u> Honey mustard Salmon, Vegetable Kabobs, wild rice and Peach upside-down cake.	Egg salad on wheat, broccoli salad and watermelon.	Pita pizza w/roasted vegetables, tossed salad and an oatmeal cookie.	Chicken Shawarma, w/lettuce, tomato and cucumber, dinner roll and pineapple.	Honey mustard chicken, mashed potatoes, glazed carrots and strawberries.
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<u>Dinner</u> Honey glazed roasted chicken w/Baharat seasoning, oven roasted potato, mixed vegetables and cinnamon apple cake.	Macaroni & cheese, tossed salad and mixed berries.	Fish taco bowl, sweet potato fries, dinner roll and a chocolate chip cookie.	Cheese tortellini, tossed salad and strawberries.	Chicken rollatini, glazed carrots, baked potato and watermelon .
MONDAY 29	TUESDAY 30	WEDNESDAY 31		
<u>Dinner</u> BBQ slow roasted brisket, baked beans, fresh corn on the cob and berry crisp.	Spaghetti and meat sauce, dinner roll, tossed salad and watermelon.	Corned beef on rye, French fries, pickle spear and Pineapple.		