

JCC Bobbi Epstein Lewis Senior Adult Dining Program

AUGUST 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, \$10.00 under age 60.

Jewish Community Center 5655 Thompson Road Dewitt NY. For Reservations call: 315-445-2360-ext # 100.

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			THURSDAY 1	FRIDAY 2
			Pita pizza w/roasted vegetables tossed salad and mixed melon.	Maple glazed chicken, baked potato, fresh green beans and fresh berries.
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
<u>Dinner</u> Chicken Marsala, rice pilaf, Broccoli and a brownie.	Cheese Quiche, tossed salad and a pear.	Corned beef on rye, pickle spear, coleslaw and a chocolate chip cookie.	Meatloaf, mashed potatoes, glazed carrots and an apple.	Salmon w/Dill, baked potato, green beans and strawberry shortcake.
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
<u>Dinner</u> Salmon w/Dill, wild rice, oven roasted vegetables and peach cobbler.	Tomato basil soup, grilled cheese sandwich and strawberries.	Stuffed cabbage, carrot coins, dinner roll and an oatmeal cookie.	Cheese tortellini, tossed salad and strawberries.	Chicken rollatini, baked potato, tossed salad and watermelon.
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
<u>Dinner</u> Panko encrusted honey mustard chicken, Broccoli, baked potato & Pineapple upside down cake.	Fresh roasted Turkey sandwich on wheat w/lettuce & tomato, sweet potato fries and fresh fruit salad.	Sweet & sour meatballs over rice, mixed vegetables and mixed berries.	Egg salad on wheat, Broccoli salad and watermelon.	Stuffed Flounder, baked potato, string beans and cinnamon swirl cake.
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
<u>Dinner</u> Chicken Stir fry, Fried Rice, Vegetable egg roll and mixed berries.	Spaghetti & meat sauce, dinner roll, tossed salad and strawberries.	Tuna on wheat w/lettuce & tomato, sweet potato fries and a sugar cookie.	Pulled BBQ chicken on a bun, baked beans, fresh corn on the cob and Cantaloupe.	Nantucket Haddock, Rosemary roasted potatoes, Asparagus, and Strawberries.