







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Contact Tim at Blackstone Health with concerns regarding food allergies 365-1101</p>	<p>Kosher Senior Café brought to you with assistance from</p> 	<p>Suggested Donation \$3.00</p>	<p>1</p> <p><b>CLOSED Shavuot</b></p>	<p>2 Chicken Soup Roasted Chicken Baked Sweet Potatoes Cauliflower Challah, Peach Crisp 11:15-12:00 Dance Therapy</p>
<p>5 Vegetable Soup Knockwurst on Bun Baked Beans Coleslaw Fresh Fruit 11:15-12:00 Exercise</p>	<p>6 Tossed Salad Sweet and Sour Meatballs Buttered Noodles Vegetable Medley Fruited Jell-O</p> 	<p>7 Corn Chowder Fish with Crumb Topping Brown Rice Pilaf, Green Beans, Fresh Fruit 11:15-12:00 Exercise 1:00 Emily Jones from RI Interfaith Coalition to Reduce Poverty</p>	<p>8 Mushroom Barley Soup Shakshuka, baked egg &amp; Feta cheese on vegetables in tomato sauce Tossed Salad Pudding 1:00 Game Day</p>	<p>9 Chicken Soup Chicken &amp; Gravy Mashed Potatoes Sautéed Summer Squash Challah, Brownie 11:15-12:00 Tai Chi 1:00 Kibbitz</p>
<p>12 Tossed Salad Hamburger on a bun Sweet Potato Fries Steamed Broccoli Seasonal Fresh Fruit 11:15-12:00 Exercise</p>	<p>13 Tortilla Soup Cheese Quesadilla w/sour cream &amp; salsa Yellow Rice, Zucchini Fruit Cocktail</p> 	<p>14 Lentil Soup Salmon Croquettes Brown Rice Pilaf Cauliflower Chocolate Pudding 11:15-12:00 Exercise 1:00 Kibbitz</p>	<p>15 Tossed Salad Noodle Kugel w/ sour cream Scoop of Tuna Baby Carrots Pudding 1:00 Kibbitz</p>	<p>16 HAPPY FATHER'S DAY Chicken Soup Brisket Kasha Varnishkes Sweet Peas, Challah Cake with topping 1:00 Musician Stanley Freedman</p> 
<p>19 100% Pineapple Juice Italian Grinder Oil &amp; Vinegar Coleslaw Sweet Potato Fries Fresh Seasonal Fruit 11:15-12:00 Exercise</p>	<p>20 Split Pea Soup Chef Salad w/ tuna &amp; egg Multi Grain Bread Fruit Cup</p> 	<p>21 Vegetable Soup Chicken Salad w/ multi grain bread lettuce &amp; tomato, Pasta Salad, Fresh Fruit 11:15-12:00 Exercise 1:00 URI Pharmacy</p>	<p>22 100% Apple Juice Cheese Blintz Soufflé w/sour cream Carrots Oatmeal Raisin Cookie 1:00 Kibbitz</p>	<p>23 Chicken Soup Honey Chicken Baked Potato Sautéed Zucchini, Challah Watermelon 11:15-12:00 Yoga w/ Neal 12:30 Music by Fishel Bresler</p>
<p>26 100% Grape Juice Egg Salad Grinder on whole grain roll Lettuce and Tomato BBQ Cauliflower poppers Fresh Fruit 11:15-12:00 Exercise</p>	<p>27 Tossed Salad Beef Stew w/ potatoes and carrots Multi Grain Bread Seasonal Fruit</p> 	<p>28 Corn Chowder Fish Crumb Topping Mashed Potatoes Baby Carrots Jello 11:15-12:00 Exercise 1:00 Kibbitz</p>	<p>29 Minestrone Soup Whole wheat ziti w/ cheese, &amp; spinach Tossed Salad Fruit Cocktail 1:00 Game Day</p>	<p>30 Anniversary Party at Temple Sinai Hot Dog &amp; Hamburger on whole wheat buns Potato Wedges, Cole slaw Watermelon, Chilled Lemonade 10:15 Bus leaves for Temple Sinai</p>