














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>1 Chopped Salad Fish Stew with Carrots and Potatoes Multi Grain Bread Sliced Peaches</p> 	<p>2 Minestrone Soup Whole Wheat Pasta with Eggplant & Cheese Garlic Stick Italian Blend Vegetables Fresh Fruit</p> 	<p>3 Chicken Soup Brisket Kasha Varnishkas Whole Baby Carrots Coffee Cake Challah Tai Chi</p>
<p>6 100% Apple Juice Chicken Nuggets Buttered Egg Noodles Baby Carrots Baked Apples</p> 	<p>7 100% Orange Juice Challah soufflé Home Fries Yogurt Fresh Fruit Yoga with Neal</p>	<p>8 Corn Chowder Salmon Croquettes Roasted Root Vegetables Green Beans Tapioca Pudding Rabbi Goldwasser</p>	<p>9 Vegetable Soup Baked Ziti with Cheese Tossed Salad Fresh Fruit</p> 	<p>10 Chicken Noodle Soup BBQ Chicken Baked Sweet Potato Cauliflower, Challah Cake with Topping Dance Therapy</p>
<p>13 Tomato Juice Cheese Quesadillas w/ Caramelized Onions Salsa & Sour Cream Brown Rice w/Peas & Corn Fresh Fruit</p> 	<p>14 Egg Drop Soup Oriental Chicken Salad w/ Lettuce, Tomato, Mandarin Oranges, Chow Mein Noodles & Ginger-Soy Dressing, Almond Cookie Yoga with Neal</p>	<p>15 Tomato Bisque Noodle Kugel w/ Sour Cream Scoop of Tuna Glazed Carrots Fresh Fruit URI Pharmacy</p>	<p>16 Vegetable Soup Meat Loaf and Gravy Mashed Sweet Potatoes Broccoli Sliced Peaches</p> 	<p>17 Pumpkin Soup Roasted Turkey & Gravy Stuffing, Peas, Pearl Onions Cranberry Sauce Apple Pie, Challah Music with Hagop</p>  
<p>20 Vegetable Soup Chicken Wings Brown Rice Pilaf Broccoli Fresh Pineapple</p> 	<p>21 Potato Leek Soup Egg Salad Grinder with Lettuce & Tomato Coleslaw Fresh Fruit Mini Pumpkin Pie Bake</p>	<p>22 Corn Chowder Baked Lemon Fish Roasted Potatoes Green Beans Lemon Pudding</p> 	<p>23</p> <p>THANKSGIVING CLOSED</p>	<p>24</p> <p>THANKSGIVING CLOSED</p>
<p>27 Barley Soup Sole w/ Crumb Topping Buttered Noodles Peas and Carrots Fresh Fruit</p> 	<p>28 Mushroom Soup Chef Salad w/ Tuna, Egg, & Cheese Multi Grain Bread, Chocolate Pudding Yoga with Neal</p>	<p>29 Tossed Salad Shepherd's Pie with Peas and Carrots Corn Fruit Cocktail</p> 	<p>30 Lentil Carrot Soup Spinach & Cheese Calzone Tossed Salad Oatmeal Raisin Cookie Book Club</p>	<p>Lunch served at noon.</p> <p>Suggested Donation \$3.00</p>