

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <p>2 Tossed Salad<br/><b>Cheese Quesadillas</b><br/>Fresh Salsa, Sour Cream<br/>Peas &amp; Brown Rice<br/>Trifle</p> <p><b>BINGO</b></p>           | <p>3 Barley Soup<br/><b>Hamburger with Bun</b><br/>Sweet Potato Fries<br/>Broccoli Slaw<br/>Fresh Pears<br/><b>Yoga with Neal</b></p>   | <p>4 100% Orange Juice<br/><b>Bagels with Cream Cheese &amp; Lox</b><br/>Lettuce, Tomatoes &amp; Onion<br/>Fresh Fruit<br/><b>Tai Chi</b></p>                          | <p>5 <b>Closed Sukkot</b></p>   | <p>6 <b>Closed Sukkot</b></p>    |
| <p>9 <b>CLOSED</b></p>    | <p>10 Split Pea Soup<br/><b>Fish with Crumb Topping,</b><br/>Mashed Potatoes<br/>Spinach<br/>Fresh Fruit<br/><b>Yoga with Neal</b></p>  | <p>11 Squash Soup<br/><b>Noodle Kugel with Sour Cream,</b><br/>Scoop of Tuna<br/>Tossed Salad<br/>Chocolate Pudding</p> <p><b>BINGO</b></p>                            | <p>12 <b>Closed Shemini Atzeret</b></p>   | <p>13 <b>Closed Simchat Torah</b></p>    |
| <p>16 Chunky Carrot Soup<br/><b>Turkey a La King over Egg Noodles</b><br/>Green beans<br/>Oatmeal Raisin Cookie</p> <p><b>BINGO</b></p>            | <p>17 Vegetable Soup<br/><b>Egg Salad on Whole Wheat With Lettuce, &amp; Tomatoes</b><br/>Sweet Potato Fries<br/>Three Bean Salad<br/>Peaches<br/><b>Munn Cookie Bake</b></p> | <p>18 Bubbie's Cabbage Soup<br/><b>Salmon Croquets</b><br/>Mixed Vegetables<br/>Diced Pears<br/><b>URI Pharmacy</b><br/><b>Hot Topics</b></p>                          | <p>19 Tossed Salad<br/><b>Vegetable Chili W/Cheese</b><br/>Brown Rice<br/>Corn Bread<br/>Fresh Fruit</p> <p><b>BINGO</b></p>   | <p>20 Chicken Soup<br/><b>Lemon Chicken</b><br/>Egg noodles<br/>Zucchini<br/>Cupcake, Challah<br/><b>Music with Vini Ames</b></p>  |
| <p>23 100% Orange Juice<br/><b>Spinach &amp; Cheese Quiche</b><br/>Home Fries<br/>Fresh Fruit</p> <p><b>BINGO</b></p>                              | <p>24 Lentil Soup<br/><b>Chicken Pot Pie</b><br/>Zucchini<br/>Fruit Cup<br/><b>Yoga with Neal</b></p>   | <p>25 Vegetable Soup<br/><b>Sole with Crumb Topping</b><br/>Brown Rice Pilaf<br/><b>String Beans,</b> Fresh Fruit<br/><b>Jewish Alliance CEO</b><br/>Adam Greenman</p> | <p>26 Mushroom Barley Soup<br/><b>Chef Salad with Egg &amp; Cheese</b><br/>Multi Grain Bread<br/>Tapioca Pudding</p> <p><b>BINGO</b></p>   | <p>27 Chicken Soup<br/><b>Chicken Marsala</b><br/>Sweet Potato, Vegetables<br/>Blueberry Turnover<br/>Challah<br/><b>Dance Therapy</b></p>  |
| <p>30 Split Pea Soup<br/><b>Shepherd's Pie with Mashed Potatoes, Peas &amp; Carrots</b><br/>Buttered Corn,<br/>Diced Pears</p> <p><b>BINGO</b></p> | <p>31 Minestrone Soup<br/><b>Spinach &amp; Cheese Calzone</b><br/>Tossed Salad<br/>Chocolate Pudding<br/><b>Yoga with Neal</b></p>  | <p><b>Contact Tim at Blackstone Health with concerns regarding food allergies</b><br/><b>365-1101</b></p>  | <p><b>Kosher Senior Café brought to you with assistance from</b></p>  <p><b>Jewish Alliance</b><br/>OF GREATER RHODE ISLAND</p> | <p><b>Suggested Donation \$3.00</b></p>   |