




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Contact Tim at Blackstone Health with concerns regarding food allergies 365-1101</b></p>	<p><b>Lunch is served at noon</b></p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p><b>Suggested Donation \$3.00</b></p> </div>	<p><b>JFS Kosher Nutrition Program is brought to you with assistance from</b></p> <div style="text-align: center;">  </div>	<p><i>Begins on Dec 12</i></p> <div style="text-align: center;">  <p><i>Happy Hanukkah</i></p> </div>	<p><b>1 Chicken Orzo Soup Honey Orange Chicken Barley Pilaf, Cauliflower Cake w/Topping, Challah 11:15 Dance Therapy 1:00 Rabbi Flam</b></p>
<p><b>4 Escarole Soup Eggplant Rollatini Whole Wheat Pasta With Marinara Sauce Tossed Salad, Fruit 11:15 Yoga with Neal 1:00 Kibbitz</b></p>	<p><b>5 Mixed Bean Soup Egg Salad Grinder on Wheat Roll Vegetable Pasta Salad Fresh Fruit 11:00 Board Games 1:00 Kibbitz</b></p>	<p><b>6 Corn Chowder Sole with Crumb Topping Sweet Potatoes Roasted Vegetables Oatmeal Cookie 11:15 Dance Therapy 1:00 Suzie Adler</b></p>	<p><b>7 French Onion Soup Spinach &amp; Cheese Quiche Home Fries Peppers and Onions Chilled Apricots 11:00 Board Games 1:00 Kibbitz</b></p>	<p><b>8 Chicken Soup Roasted Chicken With Cranberry sauce Israeli Couscous, String Beans Apple Strudel , Challah 11:15 Tai Chi 1:00 Rabbi Babchuck</b></p>
<p><b>11 100% Pineapple Juice Pepper Steak Zucchini, Brown Rice Fruit Cocktail 11:15 Exercise with Dave 1:00 Kibbitz</b></p>	<p><b>12 Hearty Tomato Soup Noodle Kugel With Sour Cream Scoop of Egg Salad Glazed Carrots, Peaches 11:00 Board Games 1:00 Kibbitz</b></p>	<p><b>13 100% Orange Juice Bagel &amp; Lox Cream Cheese, Lettuce, Tomato, 3 Bean Salad Banana Pudding 11:15 Dance Therapy 1:00 Crafts with Kids</b></p>	<p><b>14 Barley Soup Chef Salad with Tuna &amp; Egg Multi Grain Bread, Fresh Fruit 11:00 Cookie Bake 1:00 Kibbitz</b></p>	<p><b>15 Matzo Ball Soup Salmon Croquettes Potato Latkes Sour Cream &amp; Applesauce Candied Carrots Hanukkah Cookies, Challah 11:00 Hanukkah Party</b></p>
<p><b>18 Split Pea Soup American Chop Suey Broccoli Sliced Peaches 11:15 Exercise with Dave 1:00 Kibbitz</b></p>	<p><b>19 Vegetable Soup Cheese Quesadilla Guacamole, Rice &amp; Beans Tossed Salad, Fresh Fruit 11:00 Board Games 1:00 Kibbitz</b></p>	<p><b>20 100% Apple Juice Fish Stew With Carrots &amp; Potatoes Chopped Salad, Bread Chocolate Pudding 11:15 Dance Therapy 1:00 Memory Care</b></p>	<p><b>21 Cabbage Soup Spinach &amp; Cheese Calzone Tossed Salad Vanilla Pudding 11:00 Board Games 1:00 Kibbitz</b></p>	<p><b>22 Chicken Soup Lemon Chicken Baked Sweet Potato Broccoli Pumpkin Roll, Challah 11:15 Board Games 1:00 Tara JFS social worker</b></p>
<p><b>25</b> <b>Closed for Holiday</b></p> <div style="text-align: center;">  </div>	<p><b>26 100% Apple Juice Chicken Pot Pie with Carrots, Peas, and Potatoes Hot Apples 11:00 Board Games 1:00 Kibbitz</b></p>	<p><b>27 Corn Chowder Sole with Crumb Topping Scalloped Potatoes Peas Fresh Fruit 11:00 Yoga with Neal 1:00 Kibbitz</b></p>	<p><b>28 Lentil Soup Blueberry Blintzes With Sour Cream Carrots Butterscotch Pudding 11:00 Board Games 1:00 Kibbitz</b></p>	<p><b>29 Chicken Noodle Soup Meatloaf with Gravy Buttered Egg Noodles String Beans Blueberry Turnover, Challah 11:00 Board Games 1:00 New Years Toast</b></p>