


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Closed Shemini Atzeret</p>	<p>2</p> <p>Closed Simchat Torah</p>	<p>3 Vegetable Soup Sole with Crumb Topping Israeli Couscous String Beans, Seasonal Fruit 11:15 Dance with Donna 1 Kibbitz</p>	<p>4 Tossed Salad Cheese quesadillas Fresh tomato salsa Sour Cream Peas and Brown Rice, Trifle 11:30 Yoga with Neal 1 Kibbitz</p>	<p>5 Chicken Soup Honey Chicken Roasted Potato Cauliflower, Peach Cobbler Challah 11:15 Dance with Donna 1 Rabbi Mack</p>
<p>8</p> <p>Closed Columbus Day</p>	<p>9 Lentil Soup Chicken Pot Pie Zucchini Fruit Cup 11 Games 1 Kibbitz</p>	<p>10 Corn Chowder Sole Florentine Baked Sweet Potatoes Broccoli, Fresh Fruit 11:15 Dance with Donna 1 Kibbitz with Susie Adler</p>	<p>11 Squash Soup Noodle Kugel with sour cream, Tossed Salad, Scoop of Tuna Chocolate Pudding 11 Games / 1 Kibbitz</p>	<p>12 Chicken Noodle Soup Meatloaf with gravy Baked Potato, Broccoli Baked Apple, Challah 11 Sit & Be Fit with Dori 1 Old Jews Telling Jokes</p>
<p>15 Chunky Carrot Soup Turkey a La King over egg noodles Green beans Oatmeal Raisin Cookie 11:15 Workout with Dave 1 Kibbitz</p>	<p>16 Minestrone Soup Spinach and cheese calzone Tossed Salad Chocolate Pudding 11:30 Yoga with Neal 1 Kibbitz</p>	<p>17 100% Orange Juice Bagels with cream cheese and lox Lettuce, Tomatoes & Onion 3 Bean salad, Fresh Fruit 11:15 Dance with Donna 1 Kibbitz</p>	<p>18 Mushroom Barley Soup Chef Salad with tuna and egg Multi Grain Bread Tapioca Pudding 11 Games 1 Kibbitz</p>	<p>19 Chicken Soup Lemon Chicken Spaghetti with Marinara Zucchini Cupcake, Challah 11 Games 1 Music with Billy Musto</p> 
<p>22 French Onion Soup Zucchini, mushroom and cheese crustless quiche Home Fries Fresh Fruit 11:30 Yoga with Neal 1 Kibbitz</p>	<p>23 Barley Soup Hamburger with bun Mustard and Ketchup Tater Tots Broccoli Slaw, Diced Pears 11 Apple Strudel Bake 1 Kibbitz</p>	<p>24 Corn Chowder Fish with crumb topping Buttered Macaroni Spinach Fresh Fruit 11:15 Dance with Donna 1 Kibbitz</p>	<p>25 Tossed Salad Vegetable chili with cheese Brown Rice Tortilla Chips Fresh Fruit 11 Games 1 Book Club Meeting</p>	<p>26 Chicken Soup Chicken Marsala Baked Sweet Potato Roasted Vegetables Blueberry Turnover, Challah 11:30 Zumba with Elaine 1 Kibbitz with Tara</p>
<p>29 Split Pea Soup Shepherd's Pie with mashed potatoes, peas, and carrots Buttered Corn, Diced Pears 11:15 Workout with Dave 1 Kibbitz</p>	<p>30 Vegetarian Bean Soup Potato latkes with sour cream and apple sauce Tossed Salad with Egg Tapioca Pudding 11 Games 1 Kibbitz</p>	<p>31 Lentil Soup Seafood Crepe Brown Rice Pilaf Cauliflower Chocolate Pudding 11:15 Dance with Donna 1 Kibbitz</p>	<p>Contact Tim at Blackstone Health with concerns regarding food allergies 365-1101 Suggested Donation \$3.00</p>	<p>Kosher Senior Cafe brought to you with assistance from</p> 