




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Contact Tim at Blackstone Health with concerns regarding food allergies 365-1101</p> <p>Suggested Donation \$3.00</p>	<p>Kosher Senior Cafe brought to you with assistance from</p>  <p><b>Jewish Alliance</b> OF GREATER RHODE ISLAND</p>  <p><b>BLACKSTONE HEALTH</b></p>		<p>1 Minestrone Soup Whole wheat pasta with eggplant and cheese Garlic Stick Fresh Fruit 11 Games / 1 Kibbitz</p>	<p>2 Chicken Noodle Soup BBQ Chicken Baked Sweet Potato Cauliflower, Challah, Cake 11:15 Dance with Donna 1 James Goldman</p>
<p>5 100% Apple Juice Noodle Kugel with sour cream Scoop of Tuna Glazed Carrots, Fresh Fruit 11:30 Yoga with Neal 1 Kibbitz</p>	<p>6 Tomato Bisque Chicken Nuggets Brown Rice with Beans Tossed Salad, Baked Apples 11 Games 1 Kibbitz</p>	<p>7 Corn Chowder Sole Florentine Roasted Root Vegetables Green Beans Tapioca Pudding 11:15 Dance with Donna 1 URI Pharmacy</p>	<p>8 Vegetable Bean Soup Baked Ziti and Cheese Sautéed Spinach Fresh Fruit 11 Games 1 Kibbitz</p>	<p>9 Chicken Soup Stuffed Cabbage Egg Noodles, Baby Carrots Coffee Cake, Challah 11:15 Sit &amp; Be Fit 1 Kibbitz with Briana</p>
<p>12 LS Tomato Juice Vegetable and Cheese Quesadillas Salsa Sour &amp; Sour Cream Brown Rice, Fresh Fruit 11:15 Workout with Dave 1 Kibbitz</p>	<p>13 Egg Drop Soup Oriental Chicken Salad with lettuce, tomato, mandarin oranges, chow mein noodles &amp; ginger soy dressing, Almond Cookie 11 Games / 1 Kibbitz</p>	<p>14 Corn Chowder Fish with Crumb top Roasted Potatoes Green Beans Lemon Pudding 11:15 Dance with Donna 1 Kibbitz</p>	<p>15 100% Orange Juice Challah soufflé Baby Carrots LF Yogurt Fresh Fruit 11 Games 1 Kibbitz</p>	<p>16 Pumpkin Soup Roasted Turkey &amp; Gravy Stuffing, Peas Cranberry Sauce Apple Pie, Challah 11:30 Yoga with Neal 1 Bud Pistacchio</p> 
<p>19 Vegetable Soup Chicken Wings Brown Rice Pilaf Broccoli, Pineapple 11:30 Yoga with Neal 1 Rabbi Adam Lavitt</p>	<p>20 Potato Leek Soup Egg Salad Grinder with lettuce and tomato Coleslaw, Fresh Fruit 11 Pumpkin Pie Bake 1 Kibbitz</p>	<p>21 Chopped Salad Fish stew with carrots and potatoes Multi Grain Bread, Peaches 11:15 Dance with Donna 1 Kibbitz</p>	<p>22</p> <p><b>THANKSGIVING CLOSED</b></p>	<p>23</p> <p><b>THANKSGIVING CLOSED</b></p>
<p>26 Barley Soup Chicken Pot Pie with peas &amp; carrots Corn, Fruit Cocktail 11:15 Workout with Dave 1 Kibbitz</p>	<p>27 Mushroom Soup Chef Salad with salami and egg Multi Grain Bread, Fresh Fruit 11 Games 1 Kibbitz</p>	<p>28 Tossed Salad Tilapia with crumb top Buttered Noodles Peas and carrots, Pudding 11:15 Dance with Donna 1 Nir Cafri Israeli Shlichah</p>	<p>29 Lentil Carrot Soup Spinach and cheese calzone Tossed Salad Oatmeal Raisin Cookie 11 Games 1 Kibbitz</p>	<p>30 Vegetable Soup Chicken and Dumplings Mashed Sweet Potatoes Broccoli Fresh fruit and topping 11:30 Zumba with Elaine 1 Kibbitz</p>