

Kosher Senior Cafe January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Kosher Senior Café brought to you with assistance from</p>  	<p>1</p> <p>CLOSED</p> 	<p>2 Apple Juice Philly Steak Sandwich Sautéed Onions & Peppers French Fries, Fresh Fruit 11:15 Dance with Donna 1:00 Kibbitz</p>	<p>3 Tossed Salad Vegetable and Cheese Calzone Pudding</p> <p>11:00 Games 1:00 Kibbitz</p>	<p>4 Chicken Noodle Soup Chicken Cacciatore Brown Rice Green Beans Challah, Cherry Cobbler 11:15 Dance Therapy 1:00 Falls prevention</p>
<p>7 Tossed Salad Vegetable Lasagna Whole Grain Bread Fruit Cocktail 11:15 Workout with Dave 1:00 Kibbitz</p>	<p>8 Tossed Salad Teriyaki Salmon Roasted Potatoes Whole Grain Bread Jello 11:00 Games 1:00 Kibbitz</p>	<p>9 Egg Drop Soup Sesame Chicken with Asian Vegetable mix Brown Rice, Egg Rolls Sliced Peaches 11:15 Dance with Donna 1:00 Kibbitz</p>	<p>10 Onion Soup Stuffed Baked Potato with Cheese Sauce Broccoli Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>11 Chicken Noodle Soup Roast Beef with Gravy Mashed Potatoes, Zucchini Challah, Apple Turnover 11:15 Sit to be Fit 1:00 Rabbi Kaunfer</p>
<p>14 Tossed Salad Pizza Sliced Carrots Sliced Peaches 11:30 Yoga with Neal 1:00 Kibbitz</p>	<p>15 Israeli Salad Falafel with Pita Bread Hummus, Cheese Borekas Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>16 Onion Soup Grilled Chicken Mixed Vegetables Brown Rice, Chilled Pears 11:15 Dance with Donna 1:00 Kibbitz</p>	<p>17 Juice Noodle Kugel with sour cream, carrots, Chocolate Pudding 11:00 Games 1:00 MLK Tribute</p>	<p>18 Chicken Noodle Soup Stuffed Cabbage Sweet Potato Tzimmes Challah, Sheet Cake 11:15 Games 1:00 Music with J Slick</p>
<p>21</p> <p>CLOSED Martin Luther King Jr. Day</p>	<p>22 Lentil Spinach Soup Pizza Baguette Salad Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>23 Salad Chicken Salad Whole Grain Bread French Fries, Fruit Cocktail 11:15 Dance with Donna 1:00 Kibbitz</p>	<p>24 Low sodium Tomato Juice Vegetarian Chili Baked Potato, Broccoli Jello, Greek Yogurt 11:00 Make Rum Balls 1:00 Kibbitz</p>	<p>25 Chicken Noodle Soup Chicken Piccata Rice, Roasted Vegetables Challah, Cookies 11:15 Yoga with Neal 1:00 Kibbitz with Neal</p>
<p>28 100% Orange Juice Pancake Greek Yogurt/Granola/Walnuts Sliced Peaches 11:15 Workout with Dave 1:00 Kibbitz</p>	<p>29 Minestrone Soup Gnocchi with cream sauce Carrots Whole Grain Bread Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>30 Tossed Salad Sloppy Joes on whole wheat bun French Fries Apples with Cinnamon 11:15 Dance with Donna 1:00 Interfaith Coalition</p>	<p>31 Tossed Salad Breaded Flounder Rice Pilaf Squash, Pudding</p> <p>11:00 Games 1:00 Kibbitz</p>	<p>Contact Tim at Blackstone Health with concerns regarding food allergies 365-1101</p> <p>Suggested Donation \$3.00</p>