




Kosher Senior Café - May 2019

Dwares JCC - 401 Elmgrove Ave, Providence
Reservations are required: 421-4111 X 107

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Kosher Senior Café brought to you with assistance from</p> 	<p>Contact Tim at Blackstone Health with concerns regarding food allergies. 365-1101</p>	<p>1 Vegetable Soup Hamburger on Whole Wheat Buns French Fries Carrots, Fresh Fruit 11:30 Yoga 1:00 Kibbitz</p>	<p>2 Orange Juice Bagels with Lox & Cream Cheese Lettuce, Tomato, & Red Onion, Fresh Melon 11:00 Games 1:00 Holocaust Memorial</p>	<p>3 Chicken Noodle Soup Honey Garlic Chicken Steamed Green Beans Roasted Potatoes, Challah Marble Cake 11:15 Dance Therapy 1:00 Kibbitz</p>
<p>6 Tossed Salad Vegetable Pizza Carrots Vanilla Greek Yogurt 11:15 Workout with Dave 1:00 Kibbitz</p>	<p>7 Cream of Vegetable Soup Waffles with Yogurt, Granola, Walnuts, & Syrup Fresh Fruit 11:15 Jess-Exercise 1:00 Kibbitz</p>	<p>8 Tossed Salad Chicken Stir Fry Peppers and Onions Brown Rice Pineapple Slices 11:30 Yoga / 1:00 Kibbitz</p>	<p>9 Onion Soup Breaded Fish Roasted Potatoes, Carrots Fresh Fruit 11:00 Egg Biscuits 1:00 Israel Independence</p>	<p>10 Chicken Noodle Soup Teriyaki Chicken Jerusalem Kugel, Challah Zucchini, Apple Cobbler 11:15 Sit and be Fit 1:00 Mothers Day</p>
<p>13 Caesar Salad Tortellini & Marinara Sauce Mixed Vegetables Fresh Fruit 11:30 Yoga 1:00 Kibbitz</p>	<p>14 Cream of Broccoli Soup Blintz Souffle Sour Cream Taco Salad Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>15 Juice Box Turkey Sandwiches with Lettuce & Tomato Chips Fresh Fruit 11:00 - 1:30 River Cruise</p>	<p>16 Tomato Soup Grilled Cheese with Tomato Tossed Salad with Beans Whole Grain Bread Sliced Peaches 11:00 Games 1:00 Kibbitz</p>	<p>17 Chicken Noodle Soup Pesto Chicken Roasted Vegetables Mashed Potatoes, Challah Cup Cakes 10:15 Bus to Temple Sinai 11:00 Nicholas King</p>
<p>20 Minestrone Soup Perogies with Onions Sour Cream Zucchini Pear Halves 11:15 Workout with Dave 1:00 Kibbitz</p>	<p>21 Tossed Salad Salmon Patties Spaghetti with Marinara Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>22 Mushroom Barley Soup Shepard's Pie Mashed Potatoes Zucchini Jello 11:30 Yoga 1:00 Kibbitz</p>	<p>23 Lentil Spinach Soup Noodle Kugel Sour Cream Carrots Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>24 Chicken Noodle Soup Stuffed Chicken Glazed Carrots Roasted Potatoes Challah, Sugar Cookies 11:30 Zumba 1:00 Kibbitz</p>
<p>27 CLOSED Memorial Day</p>	<p>28 Tossed Salad Vegetable Lasagna Whole Grain Bread Tapioca Pudding 11:00 Strawberry Tartlets 1:00 Kibbitz</p>	<p>29 100% Apple Juice Chicken & Vegetable Lo Mein Egg Rolls Pineapple Chunks 11:30 Yoga 1:00 Kibbitz</p>	<p>30 Cream of Potato Soup Eggplant Rollatini Tossed Salad Whole Grain Bread Fresh Fruit and Greek Yogurt 11:00 Games 1:00 Kibbitz</p>	<p>31 Chicken Noodle Soup Grilled Bourbon Chicken Roasted Vegetables Sweet Potato Kugel Challah Banana Bread 1:00 Kibbitz with Tara</p>