



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Contact Tim at Blackstone Health with concerns regarding food allergies 365-1101	Kosher Senior Café brought to you with assistance from The Jewish Alliance of Greater RI and Blackstone Health	 	1 Corn Chowder Tilapia with Crumb Top Brown Rice , Vegetables Tapioca Pudding 11:00 Bake Banana Bread 1:00 Kibbitz	2 Chicken Noodle Soup Roasted Chicken Egg Noodles, Zucchini Challah, Apple Strudel 11:15 Dance Therapy 1:00 Rabbi Kaunfer
5 Pineapple Juice Pizza Bagels Tossed Salad Fruit Salad Whole Grain Bread 11:15 Exercise with Dave 1:00 Kibbitz	6 Carrot Soup Noodle Kugel Greek Yogurt Tossed Salad Sliced Peaches 11:00 Games 1:00 Kibbitz	7 Egg Drop Soup Beef With Broccoli Brown Rice Fresh Fruit Bread 11:30 Yoga Rabbi Mack—Cantor Judy	8 Greek Salad Tuna Salad Roll with Lettuce & Tomato French Fries Lemon Pudding 11:00 Bake Rugala 1:00 Kibbitz	9 Chicken Noodle Soup Lemon Chicken Sweet Potatoes Roasted Veggies, Challah Angel Cake with Strawberries 11:15 Sit & Be Fit 1:00 Susie Adler
12 Orange Juice Egg Salad and Tuna Salad Tossed Salad Multigrain Bread Chocolate Pudding 11:30 Yoga 1:00 Kibbitz	13 Cream of Potato Soup Eggplant Parmesan Pasta with Sauce Whole Grain Bread Fresh Fruit 11:00 Games 1:00 Kibbitz	14 Salad Knockwurst with Bun Baked Beans Coleslaw Watermelon 11:30 Yoga 1:00 Kibbitz	15 Tomato Soup Baked Macaroni & Cheese Steamed Green Beans Fruit Cup 11:00 Zucchini Muffins 1:00 Kibbitz	16 Bus to Temple Sinai 10:15 Chicken Soup Orange Chicken Baked Potato Sautéed Sweet Peas Challah, Brownie 11:00 Music of Frank Castle
19 Tomato Soup Cobb Salad with Egg, Cheese, & Avocado Multi Grain Bread Chocolate Pudding 11:15 Exercise with Dave 1:00 Kibbitz	20 Minestrone Soup Spaghetti With Eggplant & Cheese Multigrain Bread Fresh Fruit 11:00 Games 1:00 Kibbitz	21 100% Apple Juice Chicken Salad With Lettuce, Tomatoes Multi Grain Bread Banana 11:30 Yoga 1:00 Kibbitz	22 100% Orange Juice Scrambled Eggs Homefries, Spinach Bread, Fresh Fruit 11:00 Bake Cookies 1:00 Kibbitz	23 Chilled Lemonade BBQ Chicken Potato Salad, Coleslaw Watermelon, Challah 1:00 Rabbi Zerlin
26 Salad Fish Nugget Tacos Coleslaw Tortillas Melon 11:30 Yoga 1:00 Kibbitz	27 Vegetable Soup Salmon Salad Sandwich on a Bulkie Roll With Lettuce and Tomato Three Bean Salad Fresh Seasonal Fruit 11:00 Games 1:00 Kibbitz	28 Orange Juice Veal Sausages Peppers and onions French Fries Pineapple Slices 11:30 Yoga 1:00 Kibbitz	29 Squash Soup Calzone with Spinach & Cheese Tossed Salad, Peaches 11:00 Corn on the cob 1:00 Kibbitz	30 Celebrate Providence Chicken Soup Brisket Smashed Potatoes Roasted Vegetables, Challah Coffee Cake 11:00 Prov Civic Orchestra of Senior Citizens