


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Carrot Soup Spinach Pie Majadra (Rice and Lentils) Greek Yogurt, Sliced Peaches 11:30 Yoga 1:00 Kibbitz</p>	<p>3 Tossed Salad Crumb Topped Flounder Rice Pilaf Squash Soufflé Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>4 100% Apple Juice Hamburger on Bun French Fries Carrots Fresh Fruit 11:30 Yoga 1:00 Kibbitz</p>	<p>5 Mixed Bean Soup Egg Salad Grinder on Wheat Roll Vegetable Pasta Salad Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>6 Chicken Noodle Soup Stuffed Chicken Roasted Potatoes, Carrots Challah Sugar Cookies 11:15 Dance Therapy 1:00 Kibbitz</p>
<p>9 100% Orange Juice Scrambled Eggs Homefries Spinach, Fresh Fruit 11:15 Exercise with Dave 1:00 Kibbitz</p>	<p>10 Barley Soup Chef Salad with Tuna & Cheese Multi Grain Bread, Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>11 Apple Juice Chicken Lo Mein Egg Rolls Whole Grain Bread Pineapple Chunks 11:30 Yoga 1:00 Kibbitz</p>	<p>12 Lentil Barley Soup Noodle Kugel Carrots Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>13 Chicken Orzo Soup Pineapple Chicken Roasted Potatoes, Broccoli Cake with Strawberries, Challah 11:15 Sit & Be Fit 1:00 Susie Adler</p>
<p>16 Caesar Salad Vegetable Pizza Carrots Pineapple with Greek Yogurt 11:30 Yoga 1:00 Kibbitz</p>	<p>17 Vegetable Soup Cheese Quesadilla Sour Cream, Guacamole Brown Rice & Beans Tossed Salad Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>18 Tossed Salad Chicken Fried Rice Mixed Vegetables Chocolate Pudding 11:30 Yoga 1:00 Or discusses Israel</p>	<p>19 French Onion Soup Vegetable Cheese Quiche Home Fries Peppers and Onions Chilled Apricots 11:00 Hanukkah Cookie 1:00 Kibbitz</p>	<p>20 Hanukkah Party Mushroom Barley Soup Orange Glazed Salmon Potato Latkes Sour Cream & Applesauce Candied Carrots, Donut 11:00 - noon Sounds of Simcha</p>
<p>23 Vegetable Soup Chef Salad with Corn beef & Turkey Fresh Fruit Whole Grain Bread 11:15 Exercise with Dave 1:00 Kibbitz</p>	<p>24 100% Orange Juice Bagels with Lox, Cream Cheese Lettuce, Tomato, Red Onion Melon 11:00 Games 1:00 Kibbitz</p>	<p>25 Closed for Holiday</p> 	<p>26 Low Sodium Tomato Juice Spinach & Cheese Calzone Tossed Salad Vanilla Pudding 11:00 Games 1:00 Kibbitz</p>	<p>27 Chicken Noodle Soup Shake & Bake Chicken Egg Noodles String Beans Blueberry Turnover, Challah New Year Reflections</p>
<p>30 100% Apple Juice Tuna Noodle Casserole Mixed Vegetables Whole Grain Bread Fresh Fruit 11:30 Yoga 1:00 Kibbitz</p>	<p>31 Lentil Soup Blueberry Blintz's With Sour Cream Carrots Butterscotch Pudding 11:00 Games 1:00 Kibbitz</p>	<p>Contact Tim at Blackstone Health with concerns regarding food allergies 365-1101</p>	<p>A donation of \$3 for lunch is requested from those age 60 and over or with a disability.</p>	<p>The Kosher Senior Café is generously supported by:</p> 