



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>  	<p>2 Tossed Salad Grilled Cheese & Tomato on Whole Wheat Bread Potato Chips Fresh Chilled Melon 11:00 Games 1:00 Kibbitz</p>	<p>3 Chicken Noodle Soup Chicken Cacciatore Egg Noodles Green Beans Challah, Marble Cake 11:15 Dance Therapy 1:00 Kibbitz with Tara</p>
<p>6 Tossed Salad Vegetable Lasagna Whole Grain Bread Sliced Peaches 11:15 Exercise with Dave 1:00 Kibbitz</p>	<p>7 Beet Borscht Bagels & Lox Cream Cheese Lettuce, Tomato, Red Onion Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>8 Egg Drop Soup Sesame Chicken Rice, Egg Rolls Whole Grain Bread Canned Fruit 11:30 Games 1:00 URI Pharmacy</p>	<p>9 Onion Soup Baked Potato with Broccoli & Cheese Sauce Fresh Fruit with Greek Yogurt 11:00 Games 1:00 Kibbitz</p>	<p>10 Chicken Noodle Soup Roast Beef Mashed Potatoes Zucchini Challah, Apple Turnover 11:15 Sit & Be Fit 1:00 Susie Adler</p>
<p>13 Caesar Salad Mushroom Pizza Carrots Fruit Salad 11:15 Exercise 1:00 Kibbitz</p>	<p>14 Israeli Salad Falafel on Pita Bread Hummus Cheese Borekas Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>15 Onion Soup Breaded Chicken Broccoli Brown Rice Pineapple Tidbits 11:30 Yoga 1:00 Kibbitz</p>	<p>16 100% Orange Juice Noodle Kugel Sour Cream Carrots Pudding 11:00 Baking 1:00 Kibbitz</p>	<p>17 Temple Sinai Event Chicken Noodle Soup Stuffed Cabbage Sweet Potato Tzimmes Challah Birthday Cake 10:15 Bus leaves the JCC</p>
<p>20 Closed Martin Luther King Day</p>	<p>21 Lentil Spinach Soup Pizza Baguette Salad Greek Yogurt Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>22 Tossed Salad Chicken Salad Whole Grain Bread French Fries Canned Fruit 11:30 Yoga 1:00 Kibbitz</p>	<p>23 Low Sod. Tomato Juice Vegetarian Chili with Cheese and Baked Potato Broccoli Jell-O with Greek Yogurt 11:00 Games 1:00 Kibbitz</p>	<p>24 Chicken Noodle Soup Chicken Piccata Rice Pilaf Roasted Vegetables, Challah Chocolate Chip Cookies 11:30 Games 1:00 Susan Adler</p>
<p>27 Cauliflower Soup Pancake with Yogurt, Granola and Walnuts Syrup Canned Fruit 11:30 Yoga 1:00 Kibbitz</p>	<p>28 Tomato Soup Vegetable Quesadillas Sour Cream & Salsa Brown Rice with Beans Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>29 Tossed Salad Sloppy Joes Hamburger Bun French Fries Canned Fruit 11:30 Yoga 1:00 Kibbitz</p>	<p>30 Corn Chowder Breaded Flounder Green Beans Rice Pudding 11:00 Baking 1:00 Kibbitz</p>	<p>31 Chicken Noodle Soup Teriyaki Chicken Roasted Red Potatoes Glazed Carrots Apple Cake, Challah 11:30 Games 1:00 Kibbitz</p>