

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Vegetable Soup French Toast Yogurt, granola and walnuts Fresh fruit 11:15 Yoga with Neal 1:00 Kibbitz</p>	<p>3 Tossed Salad Fish with Cornflake Crumbs Smashed Potatoes, Spinach Chocolate Pudding Whole Grain Bread 11:00 Games 1:00 Kibbitz</p>	<p>4 Minestrone Soup Spaghetti and Meat Balls Zucchini Garlic Bread Sliced Peaches 11:30 Yoga with Cindy 1:00 Rabbi Kaunfer</p>	<p>5 Tomato Rice Soup Vegetable, Bean and Cheese Quesadillas Sour Cream, Pineapple 11:00 Baking 1:00 Kibbitz</p>	<p>6 Spring Fling - Purim Party Corn Chowder Herb Crusted Salmon Sweet Potatoes Roasted Cauliflower Brownies, Challah 11-12 Tommy Tunes Karaoke</p>
<p>9 Squash Bisque Macaroni and Cheese Taco Salad Fresh Fruit Whole Grain Bread 11:15 Exercise with Dave 1:00 Kibbitz</p>	<p>10 Tossed Salad Lemon Herbed Flounder Brown Rice, Spinach Pudding Whole Grain Bread 11:20 Reading of the “Whole Megillah”</p>	<p>11 Tomato Soup Chicken Burritos Rice, and Beans Chopped Lettuce & Tomato Salsa, Sliced Peaches 11:30 Yoga with Neal 1:00 Or speaks on Israel</p>	<p>12 Minestrone Soup Vegetable Calzones Salad Greek Yogurt Pineapple Chunks 11:00 Games 1:00 Kibbitz</p>	<p>13 Chicken Noodle Soup Lemon Chicken Roasted Red Potatoes Carrots Apple Strudel, Challah 11:15 Dance Therapy 1:00 Susie Adler</p>
<p>16 Lentil Soup Cheese Quiche with Onions & Mushrooms Salad Fresh Fruit 11:15 Yoga with Cindy 1:00 Kibbitz</p>	<p>17 Bean Soup Scrambled Egg Whites with vegetables and cheese Homefries, Whole Grain Bread Vanilla Pudding 11:00 Games 1:00 Kibbitz</p>	<p>18 Cabbage Soup Beef Turnovers Roasted Sweet Potatoes Whole Wheat Bread Pear Halves 11:30 Yoga with Cindy 1:00 URI Pharmacy</p>	<p>19 Caesar Salad Mushroom Pizza Fresh Fruit Salad Greek Yogurt Whole Grain Bread 11:00 Baking project 1:00 Kibbitz</p>	<p>20 Chicken Noodle Soup Sweet and Sour Brisket Mashed Potatoes Green Beans Apple Crisp, Challah 11:15 Sit & Be Fit 1:00 Kibbitz</p>
<p>23 Tossed Salad Shakshuka (Eggs in tomato sauce) Israeli Salad, Fresh Fruit 11:15 Exercise with Dave 1:00 Kibbitz</p>	<p>24 Mushroom Barley Soup Cheese Ravioli Marinara Sauce Garlic Bread, Pineapple Slices 11:00 Games 1:00 Kibbitz</p>	<p>25 Lentil Soup Veal Sausages on Bun Peppers and Onions Jell-O, Whole Grain Bread 11:15 Yoga with Neal 1:00 Kibbitz</p>	<p>26 Tossed Salad Fish Nugget Tacos Sour Cream & Salsa, Coleslaw 11:00 Games 1:00 Kibbitz</p>	<p>27 Seder at Temple Sinai Matzo Ball Soup Apricot Glazed Chicken Potato Kugel, Carrots Jelly Roll, Egg Matzo 10:15 Bus leaves JCC</p>
<p>30 Low-Sod Tomato Juice Penne a la vodka Tossed Salad Chocolate Pudding Whole Grain Bread 11:15 Yoga with Neal 1:00 Kibbitz</p>	<p>31 Beet Borscht Bagels & Lox Cream Cheese Lettuce, Tomato, Red Onion Fresh Fruit 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> 