










**Meals are delivered to your door on
Mondays, Wednesdays, and Fridays**
You will receive 2 meals on Monday and Wednesday

RESERVATIONS ARE REQUIRED, PLEASE CALL:

NEAL # 401-678-6464
JCS MAIN # 401-331-1244

SUGGESTED DONATION: \$3 FOR LUNCH

MON	TUE	WED	THU	FRI
100% Juice 3 Vegetable Quiche Home Fries Fruit	100% Juice 4 Tuna Sandwich Whole Grain Bread Lettuce & Tomato Fresh Fruit 	100% Juice 5 Chicken &Vegetable Lo Mein Fortune Cookie Mandarin Oranges	100% Juice 6 Deli Sandwich Vegetables Chips, Fruit 	100% Juice 7 Teriyaki Salmon Tossed Salad Fruit Chips
100% Juice 10 Vegetarian- "Chicken" Parm Sandwich Vegetable Sticks, Chips & Fruit	100% Juice 11 Egg & Cheese Muffin Fruit Vegetable Sticks Chips 	100% Juice 12 Vegetable Pizza Chips Fruit	100% Juice 13 Chicken Salad Over Lettuce Chips Fresh Fruit 	100% Juice 14 Pasta w/ Meat Sauce Vegetable Sticks Fresh Fruit
17  Closed for Shavuot	18  Closed for Shavuot	100% Juice 19 Bagel with Lox Fruit Vegetable Sticks Chips	100% Juice 20 Vegetable Pizza Fruit Chips 	100% Juice 21 Barbequed Chicken Potato Salad Vegetable Sticks Fresh Fruit
100% Juice 24 Vegetable Pizza Chips Fruit	100% Juice 25 Chefs Salad with Egg & Cheese Chips Pudding 	100% Juice 26 Baked Ziti Chips Fresh Fruit	100% Juice 27 Tuna Sandwich on Whole Grain Bread Fruit Vegetable Sticks Chips 	100% Juice 28 Stuffed Pepper Mashed Potatoes Fresh Fruit

31

Closed for Memorial Day



JCS Kosher Senior Café is supported by:
The Jewish Alliance of Greater RI
& Blackstone Health

**Contact Tim at Blackstone Health with
concerns regarding food allergies: 401-365-1101**

Join us on Zoom every Tuesday and Thursday!

Meetings - Every Tuesday

- 11:30-12:00** Chair Yoga
- 12:00-1:00** Lunch & Free form discussion:
 - 5/4** The Power of Movement
 - 5/11** Caring for Yourself When Sick: URI School of Pharmacy
 - 5/18** Closed for Shavuot
 - 5/15** Susie's Corner with Susie Adler

Meetings - Every Thursday

- 11:30-12:00** Chair Yoga
- 12:00-1:00** Kibbitz & Lunch with Neal and Guest
 - 4/29** Rabbi Yossi Laufer
 - 5/6** Or Cohen speaks about Israel
 - 5/13** Senior Groove with Laura Goodwin
 - 5/20** Book Club: Color Me In by Natasha Diaz
 - 5/27** Rabbi Goldwasser

 **Join By Clicking Here** 

Or Call: 1-929-205-6099

Meeting ID: 889 4523 2153 **Passcode:** 363455