



Kosher Senior Cafe'

SEPTEMBER 2022

MON	TUE	WED	THU	FRI
<p>Contact Tim at Blackstone Health with concerns regarding food allergies: 401-365-1101</p> <p>JCS Kosher Senior Cafe is supported by: The Jewish Alliance of Greater RI & Blackstone Health</p>			<p>Caesar Salad 1</p> <p>Swedish Meatballs</p> <p>Egg Noodles</p> <p>Carrots</p> <p>Oatmeal Cookie</p>	<p>Chicken Soup 2</p> <p>Moroccan Chicken</p> <p>Rice Pilaf</p> <p>Peas and Carrots</p> <p>Challah,</p> <p>Apple Turnovers</p>
<p>5</p> <p>Closed Labor Day</p>	<p>6</p> <p>Tomato Soup</p> <p>Grilled Cheese & Tomato</p> <p>Potato Chips</p> <p>Steamed Broccoli</p> <p>Chilled Peaches</p>	<p>7</p> <p>Onion Soup</p> <p>L/S Hot Dog</p> <p>Cole Slaw</p> <p>Baked Beans</p> <p>Fresh Fruit</p>	<p>8</p> <p>Tossed Salad</p> <p>Vegetarian Chili</p> <p>Baked Potato</p> <p>Broccoli</p> <p>Topical Fruit Salad</p>	<p>9</p> <p>Chicken Soup</p> <p>Pesto Chicken</p> <p>Brown Rice</p> <p>Sautéed Zucchini</p> <p>Challah</p> <p>Peach Crisp</p>
<p>12</p> <p>Cream Vegetable Soup</p> <p>French Toast With Yogurt & Granola</p> <p>Fresh Fruit</p>	<p>13</p> <p>L/S Tomato Juice</p> <p>Vegetable Quesadilla</p> <p>Sour Cream & Salsa</p> <p>Yellow Rice W/ Beans</p> <p>Vanilla Pudding</p>	<p>14</p> <p>Beet Borscht</p> <p>Bagels & Lox</p> <p>Cream Cheese, Tomato</p> <p>Lettuce, & Red Onion</p> <p>Melon</p>	<p>15</p> <p>Israeli Salad</p> <p>Falafel & Hummus</p> <p>Pita Bread</p> <p>Fresh Fruit</p>	<p>16</p> <p>Corn Chowder</p> <p>Orange Glazed Salmon</p> <p>Rice Pilaf</p> <p>Green Beans</p> <p>Challah</p> <p>Cake</p> <p>At the JCC</p>
<p>19</p> <p>Bean Soup</p> <p>Cheese Ravioli with Marinara Sauce</p> <p>Mixed Vegetables</p> <p>Fresh Fruit</p>	<p>20</p> <p>100% Apple Juice</p> <p>Mediterranean Spinach Pie</p> <p>Lentils & Rice</p> <p>Fresh Fruit</p>	<p>21</p> <p>Egg Drop Soup</p> <p>Chicken Stir Fry</p> <p>Oriental Vegetables</p> <p>Fried Rice</p> <p>Pineapple</p>	<p>22</p> <p>Mushroom Barley Soup</p> <p>Chef Salad w/ Tuna & Egg</p> <p>Multi Grain Bread</p> <p>Tapioca Pudding</p>	<p>23</p> <p>Chicken Soup</p> <p>Stuffed Cabbage</p> <p>Carrot Muffins</p> <p>Challah</p> <p>Apple Cake</p>
<p>26</p> <p>Closed</p> <p>Rosh Hashanah</p>	<p>27</p> <p>Closed</p> <p>Rosh Hashanah</p>	<p>28</p> <p>100 % Apple Juice</p> <p>Mushroom Pizza</p> <p>Caesar Salad</p> <p>Chocolate Pudding</p>	<p>29</p> <p>100% Juice</p> <p>L/S Deli Sandwich</p> <p>Vegetable Sticks</p> <p>L/S Chips</p> <p>Fresh Fruit</p>	<p>30</p> <p>Chicken Soup</p> <p>Grilled Chicken</p> <p>Sweet Potatoes</p> <p>Green Beans</p> <p>Challah, Sugar Cookies</p>

RESERVATIONS ARE REQUIRED, PLEASE CALL; NEAL # 401-421-4111 X 107

Meals are served at the Dwares JCC Mondays Thru Thursday & at Temple Sinai on Fridays

Suggested donation: \$3 for lunch

Join us on Zoom, or in person, for Activities
See backside for the weekly schedule!



On Zoom - or in Person

Join us on Zoom using this link:

<https://us02web.zoom.us/j/7316265990?pwd=dnAyRFdVZXJDUmhBSEphNko2MVV4dz09>

Or Call: 1-929-205-6099

Meeting ID: 731 626 5990

Passcode: 655768

In-Person (at the Dwares JCC) & on Zoom Meetings - Every Tuesday and Thursday

11:00-12:00 (unless otherwise noted)

- 9/1 Susie's Corner with Susie Adler, Coordinator of Jewish Elder Care RI
- 9/6 Chair Yoga with Tony
- 9/8 Rosh Hashanah Traditions
- 9/9 Rabbi Yossi Laufer In-Person Fridays (at the Temple Sinai Kosher Senior Cafe')
- 9/13 Chair Yoga with Neal
- 9/15 Book Club (The nesting dolls : a novel / Alina Adam)
- 9/16 "Senior Prom" In-Person Fridays at the Dwares JCC
- 9/20 Chair Yoga with Tony
- 9/21 Baking with Neal & Elaine In-Person at the Dwares JCC
- 9/22 Rosh Hashanah Traditional foods, bring your recipes to share
- 9/23 Rosh Hashanah Model Service with Susie Adler In-Person Fridays (at the Temple Sinai Kosher Senior Cafe')
- 9/29 Chair Yoga with Neal

Save the Dates:

- 9/16 "Senior Prom" In-Person Fridays at the Dwares JCC
- 12/16 Hanukkah Party at the JCC

If you use email and do not receive emails from me, please contact me at neal@jfsri.org