



# Kosher Senior Cafe

## MAY 2023

MON	TUE	WED	THU	FRI
Broccoli Soup <b>1</b> <b>Blintz Souffle</b> Sour Cream Taco Salad Whole Grain Bread Fresh Fruit	Cream of Potato Soup <b>2</b> <b>Eggplant Rollatini</b> Tossed Salad Fresh Fruit	Vegetable Soup <b>3</b> <b>Hamburger on Whole Wheat Bun</b> French Fries Carrots Fresh Fruit	Orange Juice <b>4</b> <b>Bagels</b> <b>Scrambled Eggs</b> Taco Salad Melon	Chicken Noodle Soup <b>5</b> <b>Honey Garlic Chicken</b> Green Beans Roasted Potatoes Challah Marble Cake
Tossed Salad <b>8</b> <b>Vegetable Pizza</b> Tuna Salad Carrots Canned Peaches	Fruit Soup <b>9</b> <b>Waffles</b> Yogurt/ Granola Walnuts, Syrup Melon	Tossed Salad <b>10</b> <b>Chicken Stir Fry</b> Peppers/ Onions Brown Rice Pineapple Slices	Onion Soup <b>11</b> <b>Breaded Fish</b> Roasted Potatoes Carrots Fresh Fruit	Chicken Soup <b>12</b> <b>Teriyaki Chicken</b> Jerusalem Kugel Roasted Zucchini Challah Apple Cobbler
Caesar Salad <b>15</b> <b>Tortellini with Marinara Sauce</b> Mixed Vegetables Fresh Fruit	Tossed Salad <b>16</b> <b>Vegetable Lasagna</b> Garlic Bread Pudding	Pineapple Juice <b>17</b> <b>Chicken Vegetable Lo Mein</b> Egg Rolls Pineapple Chunks	Tomato Soup <b>18</b> <b>Grilled Cheese &amp; Tomato</b> Tossed Salad Sliced Peaches	Chicken Noodle Soup <b>19</b> <b>Pesto Chicken</b> Roasted Vegetables Mashed Potatoes Challah Brownies
Minestrone Soup <b>22</b> <b>Perogies with Onions</b> Sour Cream Zucchini Pear Halves	Tossed Salad <b>23</b> <b>Salmon Patties</b> Spaghetti & Marinara Whole Grain Bread Fresh Fruit	Tossed Salad <b>24</b> <b>Shepard's Pie</b> Mashed Potatoes Zucchini Jello	Lentil Barley Soup <b>25</b> <b>Noodle Kugel</b> Carrots Plain Greek Yogurt Whole Grain Bread Fresh Fruit	<b>Closed for Shavuot</b> <b>26</b>
Closed for <b>29</b> <b>Memorial Day</b>	Tossed Salad <b>30</b> <b>Vegetable Pizza</b> Egg Salad Apples	Vegetable Soup <b>31</b> <b>Chef's Salad With Tuna / Egg</b> Whole Grain Bread Fresh Fruit	Contact Tim at Blackstone Health with concerns regarding food allergies: 401-365-1101	JCS Kosher Senior Cafe is supported by: The Jewish Alliance of Greater RI & Blackstone Health

**Reservations Are Required**  
 Please call Neal  
 401-421-4111 X 107

**Meals are served at The Dwares JCC**  
**Monday - Thursday and Temple Sinai Friday**

*Suggested donation:*  
**\$3 for lunch**

Join us on Zoom or in person for Activities  
**See back side for the weekly schedule!**



# May Events - Join on Zoom or in-person

Join us on Zoom using this link:

<https://us02web.zoom.us/j/7316265990?pwd=dnAyRFdVZXJDUmhBSEphNko2MVF4dz09>

Or Call: 1-929-205-6099

Meeting ID: 731 626 5990

Passcode: 655768

Tuesday and Thursday activities are in-person at the Dwares JCC and Friday at the JCC, unless otherwise noted.

Tuesday & Thursday activities are also accessed by the Zoom link above.

Wednesdays in person only, Dwares JCC, Exercise with Laura Goodwin, Sponsored by the Mayor's office the City of Providence 11:00-11:45.

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

- 5/2 History of Jews in Canada
- 5/4 Yoga with Tony
- 5/5 URI Pharmacy, Workings of the Heart
- 5/8 Elihay on Israel
- 5/9 Susie's Corner with Susie Adler, Coordinator of Jewish Elder Care RI
- 5/11 Chair Yoga with Neal
- 5/12 Mother's Day Celebrations with Andrew Levin, From Tamarisk
- 5/15 Baking with Neal & Elaine
- 5/16 Book Club Henna House by Nomi Eve
- 5/18 Jewish Perspective of Art
- 5/19 May Birthday Celebration, Live Music by Bill Riedy
- 5/22 Field Trip to Roger Willian Park
- 5/23 Paper cutting decorations for Shavuot
- 5/25 Chair Yoga with Neal
- 5/30 Memorial Day today and Yesterday

***If you use email and do not receive emails from me, please contact me at [neal@jfsri.org](mailto:neal@jfsri.org)***