

Community Lunch Menu - January 2018

Requested donation: \$7 Senior, \$10 General, \$14 Mitzvah (yourself and subsidize another senior)

You are welcome to give your dietary restrictions* upon sign-in with Lauren Paul at the meal prior to your request. *Example:* on Monday you may request a vegetarian option for Thursday OR Thursday you request a gluten free option for the following Monday, etc. *Dietary requests options are: gluten free only, poultry instead of beef, vegetarian instead of meat.

Monday Meal

Thursday Meal

<p>1.2</p> <p>JCC Closed</p> <p>Happy New Year!</p>	<p>1.4</p> <p>Green Salad w. Tomatoes and Cucumbers P</p> <p>Roasted Turkey w. Mushroom Gravy F</p> <p>Cous Cous P</p> <p>Roasted Broccoli P</p> <p>Fruit Salad P</p> <p>Dinner Rolls</p>
<p>1.8</p> <p>Green Salad P</p> <p>Stuffed Cabbage F</p> <p>Herbed Roasted Potatoes P</p> <p>Roasted Seasonal Vegetable Medley P</p> <p>Cookies D</p> <p>Dinner Rolls</p>	<p>1.11</p> <p>Green Salad P</p> <p>Turkey Meatloaf w. gravy F/D</p> <p>Mashed Sweet Potatoes P</p> <p>Cabbage P</p> <p>Fresh Fruit P</p> <p>Rolls</p>
<p>1.15</p> <p>JCC Closed</p> <p>MLK DAY</p>	<p>1.18</p> <p>Green Salad P</p> <p>Rosemary Chicken F</p> <p>Rice Pilaf P</p> <p>Garlic Green Beans P</p> <p>Dessert</p>
<p>1.22</p> <p>Asian Salad P</p> <p>Teriyaki Glazed Salmon F</p> <p>Brown Rice P</p> <p>Sauté spinach P</p> <p>Cookies D</p>	<p>1.25</p> <p>Green Salad P</p> <p>Turkey Meatballs in Marinara Sauce F</p> <p>Spaghetti P</p> <p>Green Beans P</p> <p>Fresh Fruit P</p>
<p>1.29</p> <p>Green Salad P</p> <p>Stuffed Peppers w/SENIORS' CHOICE by 1.22</p> <p>Rice Pilaf P</p> <p>Roasted Cauliflower P</p> <p>Cookies D</p>	

F= MEAT ITEM D= DAIRY ITEM

P= PARVE ITEM, though it may not always be made on parve equipment.

Every meal served with sliced bread and butter OR margarine based on meal type.