

# Senior Community Lunch Menu / October 2017

Requested donation is \$7 Senior, \$10 General, \$14 Mitzvah (you + subsidy)

## Monday Meal

## Thursday Meal

<p><b>October 2</b></p> <p>Green Salad <b>P</b>  <b>Fish:</b> Herring, Lox, or Gefilte Fish <b>P</b>            Beet Salad w/dill <b>P</b>            Dairy Kugel or Blintzes <b>D</b>            w/sour cream   jam            Fruit <b>P</b></p>	<p><b>October 5</b></p> <p>JCC Closed</p>
<p><b>October 9</b></p> <p>Seniors Celebrate Sukkot</p> <p>Green Salad <b>P</b>            Teriyaki Salmon Trout <b>P</b>            Starch of the Day <b>P</b>            Vegetable <b>P</b>            Fruit <b>P</b></p>	<p><b>October 11</b></p> <p>Shemini Atzeret            Cold Lunch</p> <p>Green Salad <b>P</b>            Pesto Pasta Salad <b>D</b>            Roasted Vegetable Salad <b>P</b>            Tuna Salad <b>P</b>            Hard Cooked Egg Quarters <b>P</b>            Fruit &amp; Dessert <b>P/D</b></p>
<p><b>October 16</b></p> <p>Green Salad <b>P</b>            Roast Chicken w/Herbs <b>F</b>            Starch of the Day <b>P</b>            Vegetable <b>P</b>            Fruit or Dessert</p>	<p><b>October 19</b></p> <p>Green Salad <b>P</b>  <b>Fish:</b> Catch of the Day <b>P/D</b>            Starch of the Day <b>P</b>            Vegetable <b>P</b>            Fruit or Dessert <b>P/D</b></p>
<p><b>October 23</b></p> <p>Green Salad <b>P</b>            Stuffed Cabbage <b>F</b>            Starch of the Day <b>P= KASHA</b>            Vegetable <b>P</b>            Fruit or Cookies</p>	<p><b>October 26</b></p> <p>Green Salad <b>P</b>            best of catering*  <i>*chef's choice...you know it will be good!</i>            Fruit or Dessert <b>P/D</b></p>
<p><b>October 30</b></p> <p>Green Salad <b>P</b>            Classic Roast Turkey Breast <b>F</b>            Cranberry Sauce <b>P</b>            Starch of the Day <b>P</b>            Vegetable <b>P</b>            Fruit or Dessert <b>P</b></p>	<p>You can enter your <b>dietary requests*</b> upon sign-in with Rachael Whittom at the meal prior to your request.</p> <p>Example: on Monday you request a vegetarian option for Thursday OR Thursday you request a gluten free option for the following Monday, etc.</p> <p><b>Dietary request options are:</b> gluten free only, poultry instead of beef, vegetarian instead of meat.</p>

**F= MEAT ITEM D= DAIRY ITEM P= PARVE ITEM** | Catering by Janice MacMillan for *koshercraft*

MENU is subject to availability. Every meal served with sliced bread and butter or margarine based on meal type