

**Senior Kosher Lunch Menu**

**September 2017**

Requested donation: \$7.00 Senior, \$10.00 General, \$14.00 Mitzvah (yourself/ subsidize another)

You can enter your dietary requests\* upon sign-in with Rachael Whittom at the meal prior to your request.  
Example: on Monday you request a vegetarian option for Thursday OR Thursday you request a gluten free option for the following Monday, etc.  
\*Dietary request options are: gluten free only, poultry instead of beef, vegetarian instead of meat.

Monday's Meal	Thursday's Meal
<p style="text-align: center;"><b>9.04</b></p> <p style="text-align: center;"><b>JCC Closed Labor Day</b></p>	<p style="text-align: center;"><b>9.07</b></p> <p style="text-align: center;">Special Performance <b>CANDACE GOODWIN SINGS JAZZ &amp; BLUES HITS</b></p> <p style="text-align: center;">Salad <b>P</b></p> <p style="text-align: center;">Southern style Chicken &amp; Mini-Waffles <b>P</b></p> <p style="text-align: center;">Smashed Potato Combo <b>P</b></p> <p style="text-align: center;">Vegetable <b>P</b></p> <p style="text-align: center;">Fruit or Dessert <b>P/D</b></p>
<p style="text-align: center;"><b>9.11</b></p> <p style="text-align: center;">Green Salad <b>P</b></p> <p style="text-align: center;">Beef Kefta w/ Garlic &amp; Herbs &amp; Tahina <b>F</b></p> <p style="text-align: center;">Rice Pilaf <b>P</b></p> <p style="text-align: center;">Vegetable <b>P</b></p> <p style="text-align: center;">Fruit or Dessert <b>P</b></p>	<p style="text-align: center;"><b>9.14</b></p> <p style="text-align: center;">Green Salad <b>P</b></p> <p style="text-align: center;"><b>Fish:</b> Herring, Lox, or Gefilte Fish <b>P</b></p> <p style="text-align: center;">Beet Salad w/dill <b>P</b></p> <p style="text-align: center;">Dairy Kugel or Blintzes <b>D</b> w/sour cream   jam</p> <p style="text-align: center;">Fruit <b>P</b></p>
<p style="text-align: center;"><b>9.18</b></p> <p style="text-align: center;">Green Salad <b>P</b></p> <p style="text-align: center;">Baked polenta w/cheese &amp; marinara sauce <b>D</b></p> <p style="text-align: center;">White beans &amp; sage w/vegetarian sausages <b>P</b></p> <p style="text-align: center;">Vegetable of the Day <b>P</b></p> <p style="text-align: center;">Fruit or Dessert <b>P or D</b></p>	<p style="text-align: center;"><b>9.21</b></p> <p style="text-align: center;"><b>JCC Closed Rosh Hashanah</b></p>
<p style="text-align: center;"><b>9.25</b></p> <p style="text-align: center;">Green Salad <b>P</b></p> <p style="text-align: center;">Fish: Catch of the Day <b>P/D</b></p> <p style="text-align: center;">Starch of the Day <b>P</b></p> <p style="text-align: center;">Vegetable <b>P</b></p> <p style="text-align: center;">Fruit or Dessert <b>P/D</b></p>	<p style="text-align: center;"><b>9.28</b></p> <p style="text-align: center;">Seniors Celebrate Rosh Hashanah Special Program Honey &amp; Apples</p> <p style="text-align: center;">Green Salad w/Carrots &amp; Fruit <b>P</b></p> <p style="text-align: center;">Roast Turkey Breast w/Pomegranate Sauce <b>F</b></p> <p style="text-align: center;">Rice Medley <b>P</b></p> <p style="text-align: center;">Sautéed Greens <b>P</b></p> <p style="text-align: center;">Special Rosh Hashanah Dessert</p>

**F= MEAT ITEM D= DAIRY ITEM P= PARVE ITEM**

MENU is subject to availability

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