COMMUNITY LUNCH MENU: OCTOBER

Meals catered by The Reutlinger Community

MONDAY

**OCT 8**
GARDEN SALAD, HONEY MUSTARD SALMON, ROASTED BROCCOLI, WHIPPED POTATOES, BERRIES WITH WHIPPED CREAM

**OCT 15**
CHICKEN NOODLE SOUP, FISH STICKS, FRIED FRENCH FRIES, COLESLAW, APPLE PIE

**OCT 22**
KEY WEST BLACK BEAN CHICKEN SOUP, GROUND BEEF SHEPHERD'S PIE, CAULIFLOWER & SNOW PEAS, BAKED POTATO

**OCT 29**
BEEF VEGETABLE SOUP, PASTA AND MEAT SAUCE, ZUCCHINI & TOMATOES, PINEAPPLE UPSIDE DOWN CAKE

THURSDAY

**OCT 4**
SPRING SALAD, SWEET & SOUR CHICKEN, STEAMED BROCCOLI, JASMINE RICE, FRESH FRUIT

**OCT 11**
CHICKEN MINESTRONE SOUP, ORANGE BEEF STIR FRY, STIR FRY BOX CHOW, VEGETARIAN EGG ROLL, CARROT CAKE

**OCT 18**
SPRING SALAD, TROUT ALMONDINE, SAUTÉED ZUCCHINI & SWAUASH, SWEET POTATO, BLONDIE BROWNIES

**OCT 25**
GARDEN SALAD, ESCALLOPED EGGPLANT & TOMATOES, FRESH GREEN BEANS, ANGEL FOOD CAKE

**NOV 1**
BEEF NOODLE SOUP, SWEET & SOUR CHICKEN, STEAMED BROCCOLI, JASMINE RICE, APPLE PIE

**Date:** Weekly, Mondays and Thursdays, 12—1 PM

**Suggested Donation:** $7 Senior/$10 General

**Location:** JCC East Bay Berkeley Branch

Join our community for a delicious kosher meal twice a week for healthy, balanced meals.

**VIEW MENUS:** [www.jcceastbay.org/community-lunch](http://www.jcceastbay.org/community-lunch)

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