

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 BOK CHOY, VEGETARIAN EGG ROLL, CARROT CAKE

OCT 18

SPRING SALAD, TROUT ALMONDINE, SAUTEED ZUCCHINI & SWUASH, SWEET POTATO, BLONDIE BROWNIES

OCT 25

GARDEN SALAD, ESCALOPED 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

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