

ALL LUNCHESES ARE FROM 11:45 AM – 12:30 PM UNLESS NOTED OTHERWISE

March



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00–11:15 Purim Activities	3 10:00-10:45 Chair Exercise with Sue 10:45 Bingo	4 10:00–11:15 Mahjong and Other Games	5 10:00-10:45 Exercise with Brian 10:45 Bingo	6 10:00-11:00 Dr. Terry Webb of Tri-C: Self Esteem Discussion
9 10:00–11:15 Bell Choir	10 10:00-10:45 Chair Exercise with Sue 10:45 Bingo	11 10:00–12:30 Monthly Movie with Popcorn and Pizza RSVP by Mar 3	12 10:00-10:45 Exercise with Brian 10:45 Bingo	13 10:30-11:30 Rosh Chodesh with Cantor Sager 2:00-3:00 Debbie Darling concert at the Beachwood Library: Music of Jule Styne Space is Limited! RSVP by Mar 3
16 10:00-11:00	17 10:00-10:45 Chair Exercise with Sue 10:45 Bingo	18 10:00–11:15 Mahjong and Other Games	19 10:00-10:45 Exercise with Brian 12:00-2:00 PM Beachwood Community Center Lunch: Chardon Polka Band RSVP by Mar 10	20 10:00-11:00 Google Tips
23 10:00-11:30 Siegal Lifelong Learning: "Middle East Update"	24 10:00-10:45 Exercise with Sue 10:45 Bingo	25 10:00-11:15 Knitting and Crafts/Games	26 10:00-10:45 Exercise with Brian 10:45 Bingo	27 10:00-11:15 Family Feud
30 10:00-11:15 BINGO Tournament	31 10:00-10:45 Exercise with Sue 10:45 Bingo	April 1 10:00–11:15 Mahjong and Other Games	2 No Program Passover	3 No Program Passover

- All program and class schedules are subject to change or cancellation.
- All program classes, transportation & lunch must be registered by Tuesday for the following week, unless otherwise noted.
- Free transportation is available for LunchPlus registered participants.
 - LunchPlus is held in the Ante Room (near Stonehill Auditorium).
- Participants must be registered through LunchPlus to join programs.
 - LunchPlus is free with a suggested donation of \$2
- Cancel with STC at 216-265-1489 and with ACE Taxi at 216-361-4700



WRAAA March 2026 Kosher Menu

Menu written by: Dan Kaminski Menu Approval: *Alex Stahlheber, MS, RDN, LD*

Each meal is served with 8 oz Non Dairy Milk Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
March 2	March 3	March 4	March 5	March 6
Chicken wings, 4 oz Sweet potato fries, 1 cup Coleslaw, ½ cup Apple, 1 medium Whole wheat pita, 2 oz	Plov (3 oz beef, ½ cup rice, ½ cup vegetables) Israeli salad, 1 cup Fruit Juice, 4 oz Hamantaschen, 2oz	Roasted chicken, 3 oz Roasted vegetables, 1 cup veggies Orange, 1 medium Whole wheat tortilla, 2 oz	Quinoa salad with Chicken (chicken, 3 oz, 1 cup quinoa, 1 cup spring mix, 1/2 cup fresh vegetables) Salad Dressing, 1 PC Fruit cup, 1 cup	Beef Stir Fry, 3oz ground beef Stir Fry Veggies, ½ cup Wild rice, 1 cup Corn salad, ½ cup Banana, 1 medium
March 9	March 10	March 11	March 12	March 13
Roasted Beef, 3oz Mashed potato, 1 cup Gravy, ½ cup Pickled cabbage, ½ cup Apple, 1 medium Whole wheat bread, 2 oz Margarine, 1 PC	Beef Stuffed Cabbage, 3oz beef Cabbage, ½ cup Tomato salad, ½ cup Fruit cup, 1 cup Whole wheat tortilla Chips, 2 oz	Burger, 3oz beef Fresh Vegetables, ½ cup WG Bun, 3oz Fries, 1 cup Fruit Juice, 4oz Whole wheat pita chips, 1oz	Chicken, 4oz Potato, 1 cup Pasta salad, 1 cup Fruit Juice, 4oz Oatmeal cookie, 2oz	Crispy chicken, 3 oz Quinoa salad (1 cup quinoa, ½ cup veggies) Cabbage salad, 1 cup Fruit Juice, 4oz
March 16	March 17	March 18	March 19	March 20
Shawarma, 3 oz beef and turkey Mashed potato, ½ cup Eggplant pepper salad, ½ cup Fruit Juice, 4oz Whole wheat pita, 2 oz	Chicken Caesar Salad, 3oz chicken, 1 cup spring mix, 1 cup fresh vegetables, 1 oz croutons Salad Dressing, 1 PC Orange, 1 medium Oatmeal cookie 2oz	BBQ Chicken, 4oz Brown Rice, 1 cup Fries, 1 cup Ketchup, 1 PC Banana, 1 medium	Roasted Meatballs 3 oz beef Roasted Vegetables, ½ cup Noodles, 1 cup Stewed zucchini, ½ cup Fruit Juice, 4oz Whole wheat bread, 1 oz Margarine, 1 PC	Falafel, 4 oz protein equivalent Pita, whole wheat, 2 oz Sweet potato fries, 1 cup Ketchup, 1 PC Orange, 1 medium
March 23	March 24	March 25	March 26	March 27
Chicken (bone in), 4 oz Roasted Vegetables, 1 cup Fruit Juice, 4 oz Whole wheat Tortilla, 2 oz	Cobb Salad 3 oz chicken, 1 cup spring mix, 1 cup fresh vegetables Salad Dressing, 1 PC Fruit cup, 1 cup Whole wheat tortilla Chips, 2 oz	Grilled Turkey, 3oz Peas, 1 cup Potato Bureka ½ cup potato, ½ cup grain Whole wheat bread, 1 oz Margarine, 1 PC	Beef with buckwheat and vegetables (3 oz beef, ½ cup vegetables, ½ cup buckwheat) Green salad, 1 cup Salad Dressing, 1 PC Cookie, 1 oz Fruit Juice, 4 oz	WG Spaghetti, 1 cup Meatballs, 3oz Marinara, ½ cup Ratatouille, ½ cup Apple sauce, ½ cup
March 30	March 31			
Stuffed pepper, 3oz ground beef Rice, ½ cup Cucumber salad, 1 cup Apple, 1 medium Whole wheat pita, 1oz	Quinoa salad with Chicken (3 oz Chicken, 1 cup Quinoa, 1 cup spring mix, 1/2 cup fresh vegetables) Salad Dressing, 1 PC Apple, 1 medium Roasted potato, ½ cup			

Choose daily menu or Alternate meal. Alternate meal is: Falafel (3 oz), Pita 2 oz, 1 cup spring mix salad, ½ c hummus, 1 orange, and milk alternative 8 oz