

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

MAY



Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00-11:00 Lag BaOmer Indoor Games
4 10:00-11:30 Bell Choir	5 10:00-10:45 Chair Exercise with Sue 10:45 - 11:30 BINGO	6 10:00-11:30 Mahjong and Games	7 10:00-10:45 Chair Exercise with Brian 12:00-2:00 Beachwood High School ElderClass: Sing Along with NCJW RSVP by April 28 25100 Fairmount Blvd	8 10:00 - 11:30 Siegal Lifelong Learning: Shanghai - Port of Last Resort RSVP by April 28 Landmark Building 25700 Science Park Dr
11 10:00-11:30 Short Story Club	12 10:00-10:45 Chair Exercise with Sue 10:45 - 11:30 BINGO	13 10:00 - 11:30 Great Institutes of Cleveland Zoom Presentation at the JCC	14 10:00-10:45 Chair Exercise with Brian 10:45 - 11:30 BINGO	15 10:30-11:30 Rosh Chodesh with Cantor Sager Yom Yerushalayim
18 10:00-11:30 Greg Piscura sings for us	19 10:00-10:45 Exercise with Sue 10:45 - 11:30 BINGO	20 10:00-11:30 Mahjong and Games	21 10:00-10:45 Exercise with Brian 12:00-2:00 PM Beachwood Community Center Lunch: Hip to That RSVP by May 12 25325 Fairmount Blvd	22 No Program Shavuot 
25 No Program Memorial Day 	26 10:00-10:45 Chair Exercise with Sue 10:45 - 11:30 BINGO	27 10:00-12:30 Movie with Popcorn and Pizza	28 10:00-10:45 Chair Exercise with Brian 10:45 - 11:30 BINGO	29 10:00 - 11:30 BINGO Tournament

- 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

May Kosher Congregate Meals Menu

Menu written by: Dan Kaminski Menu Approval: *Alex Stakheer, MS, RDN, LD*
Each meal is served with 8 oz Non Dairy Milk Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
			Apr 30	May 1
			Falafel 4 oz protein equivalent Pita 3 oz Israeli salad ½ cup Hummus ½ cup Fruit cup 1 cup	Beef with buckwheat and vegetables 3oz beef, ½ cup vegetables, ½ buckwheat Green salad 1 cup Salad Dressing 1 pc Cookie 1oz Orange medium
May 4	May 5	May 6	May 7	May 8
Grilled chicken 3oz Israeli couscous 1 cup Eggplant in tomato sauce ½ cup eggplant ½ cup tomato sauce Apple sauce 4oz Whole wheat bread 2oz Margarine 1pc	Cobb Salad 1 cup spring mix, 1 cup fresh vegetables, Grilled Chicken 2 oz Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz Jam 1pc	Spaghetti and meatballs 1 cup pasta whole wheat, 3oz meatballs, ½ cup marinara Cabbage salad 1 cup Apple medium	Crispy chicken 3oz Buckwheat and vegetables ½ cup buckwheat 1 cup veggies Whole wheat bread 2oz Fruit cup 1 cup	Stuffed pepper ½ medium pepper, ½ cup rice, 3oz ground beef Cucumber salad 1 cup Orange medium Oatmeal cookie 2oz
May 11	May 12	May 13	May 14	May 15
BBQ Chicken 3oz Brown Rice with carrot (1 cup rice, ½ cup carrot) Fattoush 1 cup Apple sauce 4oz	Grilled chicken salad (1 cup spring mix, 1 cup fresh vegetables, 3 oz chicken) Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz Margarine 1pc	Arrais 3oz ground beef, 2oz whole wheat pita, ½ cup veggies Carrot salad 1 cup Apple 1 medium	Chicken cacciatore 3oz chicken, ½ cup veggies Majadra 1 cup rice ½ cup lentil Whole wheat bread 2oz Fruit cup 1 cup	Stewed cabbage 3oz beef, 1 cup cabbage Tomato salad ½ cup Orange medium Oatmeal cookie 2oz
May 18	May 19	May 20	May 21	May 22
Baked Chicken 3oz Three color pasta and Grilled vegetables (1 cup pasta, 1 cup vegetables) Apple sauce 4oz	Chicken Ceasar Salad 1 cup spring mix, 1 cup fresh vegetables, 2 oz WG croutons, 3oz chicken Salad Dressing 1 pc Fruit Juice 4oz	Plov (3 oz beef, ½ cup rice, ½ cup vegetables) Israeli salad 1 cup Apple medium Whole wheat bread 2oz Margarine 1pc	Crispy chicken (3oz) Quinoa salad 1 cup quinoa 1 cup veggies (cooked) Fruit cup 1 cup	Closed for Shavuot
May 25	May 26	May 27	May 28	May 29
Chicken 3 oz Potato 1 cup Pasta salad 1 cup Apple sauce 4oz Whole wheat bread 2oz Margarine 1pc	Chickpea salad (1 cup fresh vegetables) Grilled Chicken 2 oz Roasted Yams ½ cup Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz Jam 1pc	Beef 3oz ground beef Kasha ½ buckwheat, ½ cup pasta Corn salad 1 cup Apple medium	General Tso's chicken 3oz chicken Brown Rice 1 cup Vegetable stir fry 1 cup Fruit cup 1 cup	BBQ pulled beef 3 oz Couscous 1 cup Cooked vegetables 1 cup Orange medium Oatmeal cookie 2oz

Alternate Meal available daily: Falafel (3 oz), Pita 2 oz, 1 cup spring mix salad, ½ c hummus, 1 fruit, and milk 8 oz