

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

JUNE



Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00–11:30 Bell Choir	2 10:00-10:45 Video Exercise	3 10:00-11:30 Mahjong and Games	4 10:00-10:45 Chair Exercise with Brian	5 11:30-3:00 PM Beachwood Library: Debbie Darling Music of WWII
8 10:00-10:45 Video Exercise	9 10:00-11:30 Great Institutes of Cleveland: Jewish Organizations Zoom Presentation at the JCC	10 10:00–3:00 PM Movie Day at the J! Regular Arova	11 10:00-10:45 Chair Exercise with Brian	12 11:30-2:00 PM Rosh Chodesh with Cantor Sager
15 10:00-11:30 Short Story Club	16 10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO	17 10:00 – 11:30 Mahjong and Games	18 10:00-10:45 Exercise with Brian 12:00-2:00 PM Beachwood Community Center Lunch: Stomping Jacksons RSVP by June 9 25325 Fairmount Blvd	19 NO PROGRAM 
22 10:00-11:30 Tech Tips	23 10:00-10:45 Exercise with Sue 10:45 – 11:30 BINGO	24 11:00-1:15 PM Concert at the Mayfield Gazebo: Disco Express RSVP by June 16 6621 Wilson Mills Road	25 10:00-10:45 Chair Exercise with Brian	26 11:30- 2:00 PM National Chocolate Pudding Day! Nutrition information, too!
29 10:00-11:30 BINGO TOURNAMENT	30 10:00-10:45 Chair Exercise with Sue 10:45 BINGO	July 1 10:00 – 11:30 Mahjong and Games	2 10:00-10:45 Chair Exercise with Brian 10:45 BINGO	3 NO PROGRAM 

- 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

June Kosher Congregate Meals 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
Jun 1	Jun 2	Jun 3	Jun 4	Jun 5
Chicken leg (Boneless) 3oz Peas ½ cup Potato Bureka ½ cup potato, 3 oz grain Apple sauce 4oz WG flatbread 1oz	Quinoa salad (1/2 cup quinoa, 1 cup spring mix, 1 cup fresh vegetables) Grilled Chicken 2 oz Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 1oz	Chili Ground beef 3oz, beans 1/2 cup, ½ peppers, onion carrots Wild rice 1 cup Apple 1 medium	Falafel 4 oz protein equivalent Pita 3 oz Israeli salad 1/2 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
Jun 8	Jun 9	Jun 10	Jun 11	Jun 12
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
Jun 15	June 16	Jun 17	Jun 18	Jun 19
BBQ Chicken 3oz Whole 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 ½ 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
Jun 22	June 23	Jun 24	Jun 25	Jun 26
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 ½ cup quinoa 1 cup veggies (cooked) Whole Wheat bread, 1 oz Margaine 1 PC Fruit cup 1 cup	Beef Stroganoff 3 oz beef 1 cup pasta Roasted mushroom onion 1 cup Orange medium Oatmeal cookie 2oz
June 29	June 30			
Chicken 3 oz Potato 1 cup Pasta salad 1 cup Apple sauce 4oz Whole wheat bread 2oz Margarine 1pc	Chickpea salad (2.5 oz protein equivalent, 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			

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