

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

JULY



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| | | 1 10:00-11:30 Mahjong and Games | 2 10:00-10:45 Chair Exercise with Brian | 3 NO PROGRAM  |
| 6 10:00-10:45 Bell Choir | 7 10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO | 8 10:00–12:30 PM Movie Day at the J Popcorn and Pizza! | 9 10:00-10:45 Chair Exercise with Brian 10:45 – 11:30 BINGO | 10 11:30-3:00 PM Debbie Darling: Jewish Composers RSVP by June 30 Beachwood Library 25501 Shaker Blvd |
| 13 10:00-11:30 Puzzle Day | 14 10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO | 15 10:00 – 11:30 Mahjong and Games | 16 10:00-10:45 Exercise with Brian 12:00-2:00 PM Beachwood Community Center Lunch: Stakhouse RSVP by July 7 25325 Fairmount Blvd | 17 11:30- 2:00 PM Rosh Chodesh with Cantor Sager |
| 20 10:00-11:30 Short Story Club | 21 10:00-10:45 Exercise with Sue 10:45 – 11:30 BINGO | 22 11:00-1:15 PM Concert at the Mayfield Gazebo: Frank and Dean RSVP by July 14 6621 Wilson Mills Road | 23 10:00-10:45 Chair Exercise with Brian 10:45 – 11:30 BINGO | 24 11:30- 2:00 PM Akron Museum of Art Project |
| 27 10:00-11:30 Siegal Lifelong Learning: Robots that Care RSVP by July 21 Landmark Building 25700 Science Park Dr | 28 10:00-10:45 Chair Exercise with Sue 10:45 BINGO | 29 10:00 – 11:30 National Blueberry Month Celebration | 30 10:00-10:45 Chair Exercise with Brian 10:45 BINGO | 31 11:30- 2:00 PM 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

July Kosher Congregate Meals Menu

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

Each meal is served with 8 oz Non Dairy Milk Alternative

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| | | July 1 | July 2 | July 3 |
| | | Beef 3oz ground beef Kasha ½ buckwheat, ½ cup pasta Corn salad 1 cup Apple Medium | Chicken leg 4oz Peas ½ cup Potato Bureka ½ cup potato 3 oz grain Apple sauce 4oz WG flatbread 1oz | BBQ pulled beef 3 oz Couscous 1 cup Cooked vegetables 1 cup Orange medium Oatmeal cookie 2oz |
| July 6 | July 7 | July 8 | July 9 | July 10 |
| General Tso's chicken 3oz chicken Brown Rice 1 cup Vegetable stir fry 1 cup Fruit cup 1 cup | Bean salad (1 cup beans, 1 cup fresh vegetables) Grilled Chicken 2 oz Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 1oz | Beef lasagna (3oz ground beef, 2oz wheat, ½ cup vegetables) Summer salad (1 cup vegetables) Apple 1 medium WG flatbread 1oz | Chicken leg 4 oz Rice (1 cup) Beet salad (1 cup) Apple sauce 4oz WG flatbread 1oz | American Goulash (3oz ground beef, 1 cup pasta, ½ cup cooked vegetables) Bell pepper salad (1 cup) Oatmeal Cookie 2oz Orange medium |
| July 13 | July 14 | July 15 | July 16 | July 17 |
| Lemon pepper chicken (3oz chicken) Green beans (1cup) Barley (1 cup) Fruit cup 1 cup | Quinoa salad (1/c 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 | Vegetarian Chili (1 cup beans, 1 cup peppers, onion, tomato, 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 | Bean patties 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 |
| July 20 | July 21 | July 22 | July 23 | July 24 |
| Salmon with buckwheat and vegetables (3oz salmon, ½ cup vegetables, ½ buckwheat) Green salad 1 cup Salad Dressing 1 pc Cookie 1oz Orange medium | Cobb Salad 1 cup spring mix, 1 cup fresh vegetables, 2 oz tuna Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz | Spaghetti and gefilte fish 1 cup pasta whole wheat, 3oz fish, ½ cup marinara Cabbage salad 1 cup Apple medium | Crispy tilapia 3oz Buckwheat and vegetables ½ cup buckwheat 1 cup veggies Whole wheat bread 2oz Margarine 1 PC Fruit cup 1 cup | Stuffed pepper ½ medium pepper, ½ cup rice, 3oz ground beef Cucumber salad 1 cup Orange medium Oatmeal cookie 2oz |
| July 27 | July 28 | July 29 | July 30 | July 31 |
| 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 | 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 |

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