

- WESTERN RESERVE AREA AGENCY ON AGING
 - Jewish Community Center
 - September-2025
 - KOSHER MEALS MENU
 - Nutrition Coordinator: Ann Stahlheber, M.S., R.D., L.D.
 - Menu Approval: Ann Stahlheber, M.S., R.D., L.D
 - Menus Written By: Art Kitch Dietary General Manager

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
LABOR DAY No Program 	Meat Sauce 4 oz Linguini ½ c 5 Way Vegetable ½ c Scalloped Apples ½ c Cranberry Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	White Fish Cake 4 oz Wild Rice ½ c Carrots ½ c Peas ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Turkey Goulash 4 oz Egg Barley ½ c Zucchini's ½ c Butter Beans ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Knockwurst 4 oz Farfel ½ c Purple Cabbage ½ c Green Beans ½ c Banana Whole Grain Bun Smart Balance Margarine 1% Milk 8 oz
8	9	10	11	12
Beef Tips 4 oz Confetti Rice ½ c Peas ½ c Beets ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Salmon Patty 4 oz Brown Rice ½ c Roasted Potatoes ½ c California Blend ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Meatloaf 4 oz Mashed Potatoes ½ c Parsley Noodles ½ c Green Beans ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Chicken Cacciatore 4 oz Basil Pesto Rice ½ c Succotash ½ c Beets ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Turkey Goulash4 oz Whole Grain Barley1/2 c Herb Roasted Potatoes ½ c 5 Way Vegetables ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
15	16	17	18	19
Stuffed Cabbage 6 oz Farfel ½ c Mashed Potatoes ½ c Green Beans ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Maryland Style Fish 4 oz Parsley Noodles ½ c Beets ½ c Peas ½ c Cranberry Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	10:00-12:30 Monthly Movie with Popcorn and Pizza RSVP by Sep 9	Hungarian Meatballs 4 oz Whole Grain Barley ½ c Roasted Red Skins ½ c 5 Way Vegetable ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Chicken Marsala 4 oz Wild Brown Rice ½ c California Blend ½ c Cinnamon Yams ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
22	23	24	25	26
Maryland Style Fish 4 oz Egg Barley ½ c Sweet Potatoes ½ c Zucchini ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Rosh HaShanah No Program 	Rosh HaShanah No Program 	Oven Fried Chicken 7 oz Bread Dressing ½ c Zucchini½ c Honey Carrots ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Chopped Beef Steak 5 oz Mashed Potatoes ½ c Farfel ½ c Green Beans ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
29	30	October 1	2	3
Chicken Cacciatore 4 oz Bowtie Florentine ½ c Corn ½ c Peas ½ c Apple Whole Grain Bun Smart Balance Margarine 1% Milk 8 oz	Chicken Noodle Apricot Chicken 7oz Dried Fruit Dressing ½ c Tsimmes ½ c Broccoli ½ c Apple & Honey Challah Smart Balance Margarine 1% Milk 8 oz	Orange Beef 4 oz Noodle Kugel ½ c California Blend ½ c Butter Beans ½ c Banana Challah Smart Balance Margarine 1% Milk 8 oz	Yom Kippur No Program 	Chicken Orzo Soup 6 oz Potato Crusted Fish 4 oz Zucchini ½ c Cous Cous 4 oz Corn ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz

Alternate 1: Tootsie Plate of tuna fish, egg salad, salmon salad with tomato, lettuce, bread, fruit, and milk

Alternate 2: Vegetable salad with egg and meat (on the side), bread, fruit, and milk