

- WESTERN RESERVE AREA AGENCY ON AGING
 - Jewish Community Center
 - October-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
		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
6	7	8	9	10
Chicken Noodle Soup 6 oz Roast Turkey 4oz Bread Dressing ½ c Yams ½ c Green Beans ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Sukkot No Program	Sukkot No Program	Beef Noodle 6 oz Chicken Goulash 4 oz Pearl Barley ½ c Carrots ½ c Peas ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Chicken Orzo Soup 6 oz Salmon Patty 4 oz Wild Rice Blend ½ c Roasted Red Skins ½ c Zucchini ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
13	14	15	16	17
Columbus Day No Program	Shmini Atzeret No Program	Simchat Torah No Program	Navy Bean Soup 6 oz Moroccan Chicken 7 oz Israeli Cous Cous ½ c Capri Blend ½ c Corn ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Chicken Barley Soup 6oz Beef Burgundy 4 oz Parsley Bowties ½ c Zucchini ½ c Carrots ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
20	21	22	23	24
Pasta Faziole Soup 6 oz Roasted Chicken 7 oz Mushroom Farfel ½ c Sweet Potatoes ½ c Green Beans ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Chicken Noodle Soup 6 oz Beef Tips 4oz Parsley Noodles ½ c Red Cabbage ½ c 5 Way Vegetables ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Vanilla Pudding 4 oz	10:00-12:30 Monthly Movie with Popcorn and Pizza at the JCC RSVP by Oct 6 Lunch at the JCC	Lentil Soup 6 oz Meat Sauce 4 oz Pasta ½ c Scalloped Apples ½ c Broccoli ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Potato Soup 6 oz Turkey Stew 4 oz Whole Grain Barley ½ c Stew Vegetables ½ c Corn ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
27	28	29	30	31
Chicken Noodle 6 oz Knockwurst 4 oz Mushroom Farfel ½ c Purple Cabbage ½ c Green Beans ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Split Pea Soup 6 oz Sweet & Sour Fish 4 oz Steamed Rice ½ c Oriental Blend ½ c Ginger Carrots ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Mushroom Barley 6 oz Turkey Goulash 4 oz Herbed Orzo ½ c Yams ½ c Peas ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Vegetable Soup 6 oz Chicken Cacciatore 7 oz Bowties Florentine ½ c Corn ½ c Peas & Mushrooms ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	

Cold Meal: Tootsie Plate of tuna fish, egg salad, salmon salad with tomato, lettuce, bread, banana bread/muffin, pasta/potato salad, fruit, and milk