

- LunchPlus is free with a suggested donation of \$2

- WESTERN RESERVE AREA AGENCY ON AGING
 - Jewish Community Center
 - August-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
				Tuna Fish 4 oz Macaroni Salad ½ c Israeli Salad ½ c Health Salad ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
4	5	6	7	8
Chicken Francaise 4 oz Parsley Noodles ½ c Peas ½ c Beets ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Meatloaf 4 oz Brown Rice ½ c Chuck Wagon Corn ½ c California Blend ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	11:00-1:30 PM Mayfield Village Concert at the Gazebo with a provided boxed lunch RSVP by July 29	Beef Funghetto 4 oz Basil Penne ½ c Capri Blend ½ c Mashed Potatoes ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Potato Crusted Fish 4oz Wild Rice ½ c Zucchini ½ c Carrots ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
11	12	13	14	15
Stuffed Cabbage 6 oz Mashed Potatoes ½ c Green Beans ½ c Seasoned Farfel ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Turkey Salisbury 4 oz Wild Brown Rice ½ c Zucchini & Tomato ½ c Butternut Squash ½ c Cranberry Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	10:00-12:30 PM Rockefeller Greenhouse with a provided boxed lunch RSVP by August 5	Rice Crispy Chicken 7 oz Herb Orzo ½ c Baked Beans ½ c California Blend ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Gefilte Fish 3 oz / 1 Egg Macaroni Salad ½ c 3 Bean Salad ½ c Broccoli Salad ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
18	19	20	21	22
Hamburger 4 oz Pasta Provencal ½ c California Blend ½ c Baked Beans ½ c Banana Whole Grain Bun Smart Balance Margarine 1% Milk 8 oz	Maryland Style Fish 4 oz Onion Noodles ½ c Roasted Red Skins 4 oz Zucchini ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Oven Fried Chicken 7 oz Creamy Rice ½ c Sweet Potatoes ½ c Green Beans ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	10:00-10:45 Exercise with Brian 12:00-2:00 PM Beachwood Community Center Lunch and Show “Murder Mystery Lunch” RSVP by Aug 12	Chicken Marsala 4oz Wild Rice Blend ½ c Peas ½ c Beets ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
25	26	27	28	29
Salisbury Steak 4 oz Mushroom Farfel ½ c Mashed Potatoes ½ c Peas ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Hunters Turkey 4 oz Pasta Provencal ½ c California Blend ½ c Butter Bean ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Oven Baked Fish 4 oz Egg Barley ½ c Beets ½ c Capri Blend ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Beef Tips 4 oz Parsley Noodle ½ c Green Beans ½ c Southwest Corn ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 o	Maryland Style Tilapia 4 oz Steamed Rice ½ c Green Beans ½ c Mashed Potaotes½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz