

- **WESTERN RESERVE AREA AGENCY ON AGING**
 - **Jewish Community Center**
 - **June-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
2 Shavuot	3 Shavuot	4	5	6
NO PROGRAM 	NO PROGRAM 	Turkey Salisbury 4 oz Bread Dressing ½ c Peas ½ c Sweet Potatoes ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	BBQ Meatloaf 4 oz Triple Baked Beans ½ c Parsley Noodles ½ c Zucchini½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Boxed Lunch at University Circle
9	10	11	12	13
Stuffed Cabbage 6 oz Farfel ½ c Peas/ Red Pepper ½ c Mashed Potato ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Maryland Style Fish 4 oz Lemon Dill Orzo ½ c California Blend ½ c Wax Beans / Tomato ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Hunters Turkey 4 oz Wild Rice Blend ½ c 5 Way Vegetable ½ c Broccoli ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Lunch at Beachwood Community Center	Beef Stroganoff 4 oz Kasha & Bowties ½ c Beets ½ c Zucchini ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
16	17	18	19 Juneteenth	20
Russian Meatballs 4 oz Orzo ½ c Peas ½ c Roasted Red Potatoes ½ c Prune Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Sweet &Sour Chicken4oz Stir Fried Rice 1/2 c Garlic Green Beans ½ c Ginger Carrots ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Hamburger 4 oz Parsley Noodles ½ c Triple Baked Beans ½ c Capri Blend ½ c Apple Whole Grain Bun 1% Milk 8 oz Condiment pc’s	NO PROGRAM 	BBQ Chicken 7 oz Seasoned Farfel ½ c Wax Beans 1/2 c California Blend ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
23	24	25	26	27
Moroccan Chicken 7 oz Couscous ½ c Carrots ½ c Zucchini ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Salmon Patty 4 oz Egg Barley ½ c Dilled Corn ½ c Broccoli ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	Beef Tips 4 oz Pasta / Tomato & Basil ½ c California Blend ½ c Corn ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	¼ lb Knockwurst 4 oz Baked Beans ½ c Onion Farfel ½ c Green Beans ½ c Banana Whole Grain Bun Condiment pc’s 1% Milk 8 oz	Turkey Ala King 4 oz Mandarin Rice ½ c Oriental Vegetables ½ c Peas ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
30				
Cleveland Metroparks Zoo with a provided boxed lunch				