LUNCHPLUS SENIOR ADULT PROGRAMMING Kosher Meals Menu

Mandel Jewish Community Center

Western Reserve Area Agency on Aging

May-2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
We will be providing milk in each box. Please remember Jewish Law Forbids mixing Meat and dairy.	**Birthday Cup Cake for May 16th Will Be Strawberry Cake with Lemon Frosting**	**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	**01** **Baked Fish 4 oz** **Dill Redskins ½ c** **Glazed Carrots ½ c** **Broccoli ½ c** **Apple** **Whole Grain Wheat** **Smart Balance Margarine** **1% Milk 8 oz**	**02** **Baked Fish 4 oz** **Dill Redskins ½ c** **Glazed Carrots ½ c** **Broccoli ½ c** **Apple** **Whole Grain Wheat** **Smart Balance Margarine** **1% Milk 8 oz**
05 Sweet/Sour Chicken 4 oz Jasmine Rice ½ c Ginger Carrots ½ c Oriental Blend ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	06 Beef Stew 4 oz Stew Vegetables ½ c Parsley Noodles ½ c Peas ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	07 Meat Loaf 4 oz Seasoned Farfel ½ c Mashed Potatoes ½ c Green Beans ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	08 Salmon Patty 4 oz Wild Brown Rice ½ c Beets ½ c Zucchini ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	09 Turkey Goulash 4 oz Whole Grain Barley ½ c Sweet Potatoes ½ c Boston Succotash ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
12 Stuffed Cabbage 6 oz Parsley Noodles ½ c Mashed Potatoes ½ c Capri Blend ½ c Prune Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	13 Maryland Style Tilapia 4 oz Wild Rice Blend ½ c Broccoli ½ c Corn ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	14 Russian Meatballs 4 oz Kasha/Bowties ½ c 5 Way Vegetable Blend ½ c Black-Eyed Peas½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	15 Turkey Loaf 4 oz Bread Dressing ½ c Sweet Potatoes ½ c Green Beans ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	16 Chicken Paprikash 4 oz Creamed Noodles ½ c California Blend ½ c Beets ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
19 Hamburger 4 oz Egg Barley ½ c Baked Beans ½ c Zucchini ½ c Apple Sauce 4 oz Whole Grain Bun Smart Balance Margarine 1% Milk 8 oz	20 Turkey Marsala 4 oz Pasta Provincial ½ c California Blend ½ c Diced Beets ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	21 White Fish Cake 4 oz Wild Brown Rice ½ c Corn ½ c Green Beans ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	22 Beef Goulash 4 oz Noodles With Bread Crumbs ½ c Scalloped Apples½ c Peas W Red Pepper ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	23 BBQ Chicken 7 oz Mushroom Farfel ½ c 5 Way Mixed Vegetable½ c Cinnamon Yams ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
26 Turkey Chow Mien 4 oz Oriental Vegetables ½ c Brown Rice ½ c Ginger Carrots ½ c Cranberry Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	27 Beef Tips 4 oz Whole Grain Barley ½ c Green Bean ½ c Tex Mex Corn ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Fruit And Jello	28 Asian Fish 4 oz Brown Rice ½ c Broccoli ½ c Diced Beets ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	29 Herb Roasted Chicken Leg 7oz Couscous ½ c Mashed Potatoes ½ c California Blend ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	30 Rice Crispy Chicken 4oz Rice½ c Roasted Redskin Potatoes ½ c Capri Vegetable ½ c Apple Sauce Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz

For information, contact **LYNNE YULISH** at **216-593-6246** or **lyulish@mandeljcc.org**
if you need to cancel please contact Lynne and STC at **(216) 265-1489** • 26001 S. Woodland Road, Beachwood, OH 44122 • **mandeljcc.org**