

ALL LUNCHESES ARE FROM
11:45 AM – 12:30 PM UNLESS
NOTED OTHERWISE

April



Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00–11:30 Mahjong and Other Games	2 No Program Passover	3 No Program Passover
6 10:00–11:30 Passover Seder	7 10:00-10:45 Chair Exercise with Sue 10:45 Bingo	8 No Program Passover	9 No Program Passover	10 10:00-11:30 Siegal Lifelong Learning: Great Institutes of Cleveland Zoom Panel Discussion at the JCC
13 10:00-11:15 Bell Choir	14 10:00-10:45 Chair Exercise with Sue 10:45 Bingo Yom HaShoah	15 10:00–11:30 Siegal Lifelong Learning: The Saga of the Barnes Foundation Lecture at the Landmark Building	16 10:00-10:45 Exercise with Brian 12:00-2:00 PM Beachwood Community Center Lunch: Debbie Darling RSVP by April 7	17 10:30-11:30 Rosh Chodesh with Cantor Sager
20 10:00-11:30 Short Story Club	21 10:00-10:45 Exercise with Sue 10:45 Bingo Yom HaZikaron	22 10:00-11:15 Mahjong and Games Yom HaAatzmaut	23 10:00-10:45 Exercise with Brian 10:45 Bingo	24 10:00-11:30 Siegal Lifelong Learning: Great Institutes of Cleveland Zoom Panel Discussion at the JCC
27 10:00-11:15 BINGO Tournament	28 10:00-10:45 Exercise with Sue 10:45 Bingo	29 10:00–11:15 Movie with Popcorn and Pizza	30 10:00-10:45 Exercise with Brian 10:45 Bingo	May 1

- All program and class schedules are subject to change or cancellation.
- All program classes, transportation & lunch must be registered by Tuesday for the following week, unless otherwise noted.
 - Free transportation is available for LunchPlus registered participants.
 - LunchPlus is held in the Ante Room (near Stonehill Auditorium).
 - Participants must be registered through LunchPlus to join programs.
 - LunchPlus is free with a suggested donation of \$2
 - Cancel with STC at 216-265-1489 and with ACE Taxi at 216-361-4700

May Kosher Congregate Meals Menu

Menu written by: Dan Kaminski Menu Approval: *Ann Stokkeber, MS, RDN, LD*

Each meal is served with 8 oz Non Dairy Milk Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
		Apr 1	Apr 2	Apr 3
		Chicken 3 oz Potato 1/2 cup Charoset salad 1/2 cup Orange medium Matza 2 oz	Closed for Passover	Closed for Passover
Apr 6	Apr 7	Apr 8	Apr 9	Apr 10
Stir fry 3oz ground beef, 1/2 cup veggies Potato kugel 1/2 cup Matza 2 oz Orange medium	Crispy chicken (3oz) Roasted Sweet potato 1 cup Banana medium Matza 2 oz	Closed for Passover	Closed for Passover	Gefilte fish 3oz Cooked vegetables 1 cup Whole wheat bread 2oz Orange medium Jam 1pc
Apr 13	Apr 14	Apr 15	Apr 16	Apr 17
Falafel 4 oz protein equivalent Pita 3 oz Israeli salad 1/2 cup Hummus 1/2 cup Fruit cup 1 cup	Chicken Ceasar Salad 1 cup spring mix, 1 cup fresh vegetables, 2 oz WG croutons, 3oz chicken Salad Dressing 1 pc Fruit Juice 4oz	Plov (3 oz beef, 1/2 cup rice, 1/2 cup vegetables) Israeli salad 1 cup Apple medium Whole wheat bread 2oz Margarine 1pc	Crispy chicken (3oz) Quinoa salad 1/2 cup quinoa 1 cup veggies (cooked) Flatbread 1oz Fruit cup 1 cup	Beef Stroganoff 3 oz beef 1 cup pasta Roasted mushroom onion 1 cup Orange medium Oatmeal cookie 2oz
Apr 20	Apr 21	Apr 22	Apr 23	Apr 24
Chicken 3 oz Potato 1 cup Pasta salad 1 cup Apple sauce 4oz Whole wheat bread 2oz Margarine 1pc	Chickpea salad 1 cup fresh vegetables Grilled Chicken 2 oz Roasted Yams 1/2 cup Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz Jam 1pc	Beef 3oz ground beef Kasha 1/2 buckwheat, 1/2 cup pasta Corn salad 1 cup Apple medium	General Tso's chicken 3oz chicken Brown Rice 1 cup Vegetable stir fry 1 cup Fruit cup 1 cup	BBQ pulled beef 3 oz Couscous 1 cup Cooked vegetables 1 cup Orange medium Oatmeal cookie 2oz
Apr 27	Apr 28	Apr 29	Apr 30	
Chicken leg (Boneless) 3oz Peas 1/2 cup Potato Bureka 1/2 cup potato 3 oz grain Apple sauce 4oz	Quinoa salad (1 cup spring mix, 1 cup fresh vegetables) Grilled Chicken 2 oz Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 1oz Margarine 1pc	Chili Ground beef 3oz, beans 1/2 cup, 1/2 cup peppers, onion carrots Wild rice 1 cup Apple 1 medium	Falafel 4 oz protein equivalent Pita 3 oz Israeli salad 1/2 cup Hummus 1/2 cup Fruit cup 1 cup	

Alternate Menu available daily: Cobb salad, (egg, spring mix 1 cup, vegetables 1 cup) fruit, milk, WG bread 2oz