





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Contact Tim at Blackstone Health with concerns regarding food allergies 365-1101</p>	<p>A donation of \$3 for lunch is requested from those age 60 and over or with a disability.</p>	<p>The Kosher Senior Café is generously supported by: The Jewish Alliance of Greater RI And Blackstone Health, Inc</p>	 	
<p>3 Lentil Spinach Soup <b>Pizza Bagels</b> Salad with Beans Peaches 11:15 Exercise with Dave 1:00 Kibbitz</p>	<p>4 Tossed Salad <b>Sole Florentine</b> Rice Whole Grain Bread Pudding 11:00 Games 1:00 Kibbitz</p>	<p>5 100% Apple Juice <b>Beef Stew</b> Potatoes, Mixed Vegetables Whole Grain Bread Mandarin Oranges 11:30 Yoga 1:00 Kibbitz</p>	<p>6 Cream of Broccoli Soup <b>Blueberry &amp; Cheese Blintzes</b>, Sour Cream Salad with Beans Bread, Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>7 Chicken Noodle Soup <b>Cranberry Chicken</b> Sweet Potatoes Garlic Green Beans Challah, Brownies 11:15 Dance Therapy 1:00 Kibbitz</p>
<p>10 Split Pea Soup <b>Perogies with Onions</b> Sour Cream Peas, Whole Grain Bread Fresh Fruit 11:30 Yoga 1:00 Tu B'Shevat</p>	<p>11 Fruit Salad <b>Waffles with Yogurt, Granola &amp; Syrup</b> Mini Muffins 11:00 Games 1:00 Kibbitz</p>	<p>12 Vegetable Soup <b>Shnitzel (Breaded Chicken)</b> Yellow Rice Cauliflower, Whole Grain Bread, Sliced Peaches 11:30 Yoga 1:00 Kibbitz</p>	<p>13 Tossed Salad <b>Fish Cakes</b> Spaghetti with Marinara Green Beans Garlic Bread 11:00 Baking 1:00 Kibbitz</p>	<p>14 Chicken Noodle Soup <b>Stuffed Cabbage</b> Kasha Varnishkes Honey Carrots, Challah Strawberry Shortcake 11:15 Sit &amp; Be Fit 1:00 Susie Adler</p>
<p>17 <b>Closed for Presidents Day</b></p> 	<p>18 Squash Soup <b>Tuna Croquette</b> Mashed Sweet Potato Green Beans, Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>19 Low Sodium Tomato Juice <b>Chicken Fajitas</b> Onions &amp; Peppers, Yellow Rice, Spiced Apples 11:30 Yoga 1:00 Kibbitz</p>	<p>20 French Onion Soup <b>Mushroom Pizza</b> Salad with Chickpeas Jell-O 11:00 Games 1:00 Kibbitz</p>	<p>21 <b>Meal at Temple Sinai</b> Chicken Noodle Soup <b>Chicken Bruschetta</b> Smashed Potatoes Zucchini and Squash Challah, Banana Bread <b>Birthday Music: Ken Lass</b> 10:15 Bus leaves the JCC</p>
<p>24 Salad <b>Vegetarian Chicken Parm</b> Spaghetti Spinach, Whole Grain Bread, Fresh Fruit 11:15 Exercise with Dave 1:00 Kibbitz</p>	<p>25 Tomato Rice Soup <b>Mediterranean Flounder</b> Roasted Potatoes Whole Grain Bread Mixed Vegetables, Fresh Fruit 11:00 Games 1:00 Kibbitz</p>	<p>26 Lentil Salad <b>BBQ Pulled Chicken Sandwiches</b> Coleslaw Fruit Salad 11:30 Yoga 1:00 Kibbitz</p>	<p>27 Cream Potato Soup <b>Eggplant Parmesan</b> Ziti Salad Cookies 11:00 Baking 1:00 Kibbitz</p>	<p>28 Chicken Noodle Soup <b>Roasted Chicken</b> Egg Noodles Zucchini Challah, Apple Strudel 11:30 Games 1:00 Rabbi Voss-Altman</p>