


Mon	Tue	Wed	Thu	Fri
<p>Each meal consists of: 3oz protein, 2 servings of vegetables (1/2 cup each), 1 serving of fruit (1/2 cup), 2 servings of starch And fortified juice.</p>	 <p>*Candle Lighting Times per Chabad.org</p>	<p>1 Cabbage Roll w/ Rice and Beef Mashed Potato Zucchini Pears Rugelach</p>	<p>2 Quiche with Broccoli & Cheddar Hash Brown Potato Grapes Whole Wheat Bread</p>	<p>3 BBQ Chicken (breast) Potato Salad Coleslaw Challah & Grape Juice Cherry Cobbler * 8:13pm</p>
<p>6 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Mandarin Oranges w/ Topping</p>	<p>7 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge</p>	<p>8 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin</p>	<p>9 Falafel Hummus & Pita Potato Burekas Israeli Salad Baked Apple Yom Ha Hatzmaut!</p>	<p>10 Oven Fried Chicken (thigh) Roasted Red Potatoes Prince Charles Blend Vegetables Challah & Grape Juice Rugelach *8:19pm</p>
<p>13 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie</p>	<p>14 Roasted Turkey w/ Gravy Stuffing Capri Blend Vegetables Cranberry Compote Wheat Dinner Roll Cake Happy Birthday!</p>	<p>15 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad</p>	<p>16 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/ Red & Green Peppers & Onions Mandarin Oranges</p>	<p>17 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach Cobbler *8:26pm Mother's Day Lunch!</p>
<p>20 Stuffed Pepper w/ Rice and Beef Mashed Potatoes Seasoned Corn Grapes Whole Wheat Dinner roll</p>	<p>21 Potato Knish w/ Mustard & Sour Cream Beet Borsht Russian Cabbage Salad Fruit Cottage Cheese</p>	<p>22 Hand Breaded Chicken Strips w/ Honey Mustard Sauce Israeli Salad Kashi Fruit Whole Wheat Bread</p>	<p>23 Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka</p>	<p>24 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Sweet Kugel *8:32pm</p>
<p>27 SENIOR CENTER CLOSED  Memorial Day</p>	<p>28 Baked Chicken Schnitzel w/Honey Mustard Sauce Noodles Peas Pears Cinnamon Babka</p>	<p>29 Roasted Vegetable Lasagna w/ White Sauce Green Beans Slice of Garlic Bread Orange</p>	<p>30 Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie</p>	<p>31 Herb Roasted Chicken (thigh) Sweet Potato Casserole Capri Blend Challah & Grape Juice Strawberry Shortcake *8:37pm</p>