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	1 Baked Chicken Schnitzel with Panko Breading German Potato Salad Peas Pear Chocolate Babka	2 Kosher Beef Hot Dog Potato Salad Coleslaw Baked Beans Apple Pie <b>Independence Day Lunch</b>	3 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	4 <b>60 &amp; Better Center Closed for observance of Federal Holiday</b> <i>*8:47 pm</i>
7 Potato Boureka Lentil Soup Quinoa Salad w/Cucumber & Tomato Cottage Cheese w/Peaches	8 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Cake <b>Happy Birthday!</b>	9 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	10 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	11 Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake <i>*8:45 pm</i>
14 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	15 Brisket Soft Taco Lime Slaw Pico De Gallo Black Beans & Rice Orange	16 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	17 Chicken Salad in a Wrap with Pickles, Cucumber & Tomato Salad, Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Sugar Free Cookie	18 Corned Beef German Potato Salad Green Beans Challah & Grape Juice Apple Pie <i>*8:41 pm</i>
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28 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	29 Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange	30 Stir Fry Beef & Broccoli Rice Edamame Fresh Fruit Salad Cinnamon Babka	31 Chicken Gyro w/ Whole Wheat Pita Beet Hummus Lentils Blueberries	

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*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*

- \$4 suggested donation per person, per meal over age 60 & \$11/meal for friends and family under age 60
  - The 60 & Better Super Senior Meal Deal is an available alternative at the J Cafe – other café items are available at full price & for members under age 60
- To Go Meals (must be a member) are \$4 each with a max of 2 per member, per day. **Must order by 8am & pick-up from 12pm - 3pm each day**

*This facility uses items or products that may contain or come in contact with these allergens: milk, egg, fish, tree nuts, peanuts, wheat, soy and sesame.*

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1 Baked Chicken Schnitzel with Panko Breading German Potato Salad Peas Pear Chocolate Babka	2 Kosher Beef Hot Dog Potato Salad Coleslaw Baked Beans Apple Pie <b>Independence Day Lunch</b>	3 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	4 <b>60 &amp; Better Center Closed for observance of Federal Holiday</b> <i>*8:47 pm</i>
7 Potato Boureka Lentil Soup Quinoa Salad w/Cucumber & Tomato Cottage Cheese w/Peaches	8 Cabbage Roll w/Rice and Beef Mashed Potato Zucchini Pear Cake <b>Happy Birthday!</b>	9 Oven Fried Chicken (thigh) Roasted Red Potatoes Vegetable Medley Breadstick Strawberry Shortcake	10 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	11 Herb Roasted Chicken (thigh) Sweet Potato Casserole Vegetable Medley Challah & Grape Juice Strawberry Shortcake <i>*8:45 pm</i>
14 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	15 Brisket Soft Taco Lime Slaw Pico De Gallo Black Beans & Rice Orange	16 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	17 Chicken Salad in a Wrap with Pickles, Cucumber & Tomato Salad, Potato Salad w/Red & Green Peppers & Onions Mandarin Oranges Sugar Free Cookie	18 Corned Beef German Potato Salad Green Beans Challah & Grape Juice Apple Pie <i>*8:41 pm</i>
21 Egg Salad on a Challah Roll Matzo Ball Soup Israeli Salad Pineapples & Cottage Cheese	22 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad	23 Veggie Tikka Masala w/Vegetables: Tomato, Carrots, Cauliflower & Chickpeas Couscous Blueberries Naan	24 Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	25 Beef Tzimmes w/Sweet Potatoes, Apricots, Carrots & Onions Orzo Salad w/Cucumber & Tomato Challah & Grape Juice <i>*8:36 pm</i>
28 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	29 Roasted Vegetable Lasagna w/White Sauce Green Beans Garlic Bread Orange	30 Stir Fry Beef & Broccoli Rice Edamame Fresh Fruit Salad Cinnamon Babka	31 Chicken Gyro w/ Whole Wheat Pita Beet Hummus Lentils Blueberries	

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