

Menu for September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLATT KOSHER	1 Whole Wheat Bean Burrito Brown Rice Whole Wheat Bread Tossed Salad with Dressing Pear Chocolate Chip Cookie	2 Baked Breaded Chicken Cutlet Pasta Primavera Salad Whole Wheat Bread Health Slaw Applesauce	3 Baked Salmon Plain Pita Bowtie Pasta Salad Beet Salad Banana	4 Stuffed Cabbage with Beef Challah Bread Steamed Carrots Apple EARLY CLOSURE at 2 PM
7 	8 Chicken Shawarma Spiced Majadra Whole Wheat Bread Carrot Salad Watermelon	9 Baked Salmon Rice Pilaf Whole Wheat Bread Israeli Salad Applesauce	10 Vegetarian Moussaka Whole Wheat Bread Beet Salad Banana SWEET TREAT	11 Chicken with Asian Vegetables Brown Rice Challah Bread Vegetable Mix Orange
14 Beef Meatballs Tomato Sauce Spaghetti Garlic Bread Spinach Souffle Watermelon	15 Baked Breaded Pollack Rice Pilaf Whole Wheat Bread Broccoli Souffle Applesauce	16 Vegetarian Bean Chili Brown Rice Whole Grain Yellow Corn Tortillas Steamed Green Beans Pear SWEET TREAT	17 Individual Chicken Pot Pie Whole Wheat Bread Tossed Salad with Chickpeas Banana	18 Grilled Chicken Breast Challah Bread Mashed Sweet Potatoes California Blend Vegetables Apple
21 	22 Baked Salmon Homemade Mashed Potatoes Whole Wheat Bread Vegetable Mix Applesauce	23 Baked Asian Style Honey Chicken Springtime Fried Brown Rice Whole Wheat Bread California Blend Vegetables Watermelon	24 Curry Chickpea Stew Brown Rice Whole Wheat Bread Tossed Salad with Dressing Banana Birthday Cake	25 Roasted Chicken Roasted Red Potatoes Challah Bread Steamed Carrots Orange
28 Turkey Chili con Carne Brown Rice Whole Grain Corn Tortillas Steamed Carrots Watermelon	29 Kasha Knish Humus Whole Wheat Bread Israeli Salad with Chickpeas Orange SWEET TREAT	30 Baked Breaded Pollack Rice A Roni Whole Wheat Bread Creamy Spinach Applesauce		

ALTERNATES

Egg Salad Pasta Primavera Salad Red Cabbage Salad	Tuna Salad Bowtie Pasta Salad Carrot Salad	Chicken Salad Cucumber Dill Salad Red Roasted Potato Salad	Baked Breaded Pollack <i>Same sides as Hot Meal's</i>	Egg Omelet <i>Same sides as Hot Meal's</i>

9/21 Center closed for Yom Kippur 8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 8:30- 11:00 (M3) Leisure Games 11:00- 12:00 (M3) Current Events 11:00- 12:00 (Ballroom) Staywell Exercise	8:30- 9:30 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 9:30- 11:00 (Ballroom) Chinese Culture Group Dancing 10:00- 12:00 (M4) Oil Painting 10:30- 12:00 (M3) Blood Pressure Screening 11:00- 12:00 (M2) Interesting and Informative Discussion	8:30- 9:45 (M4) Ping Pong 8:30- 12:00 (M3) Leisure Games 10:00- 11:00 (Computer Lab) Today's Technology 10:00-12:00 (M4) Chinese Culture Group Singing 10:30- 12:00 (M2) English for Chinese Beginners 11:00- 12:00 (Computer Lab) Surfing the Internet 11: 00 AM (Crystal Room) *9/9 Nutrition Education by Amelia Jalandoni	8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese Advanced 10:00- 11:45 (M3) Blood Pressure Screening 11: 00 AM (Crystal Room) *9/3 – SCAMS & Fraud workshop- by CHASE *9/17- Emergency Preparedness	9/4 Center closes at 2 PM 8:30- 10:45 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 11:00- 12:00 (M4) Bingo
	LUNCH BREAK			
12:30- 3:45 (M4) Ping Pong 1:00- 2:00 (Computer Lab) 1:30- 2:30 (Ballroom) Zumba Gold 3:00- 3:45 (M3) Leisure Games	12:30- 3:00 (M4) Drawing 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M3) Arts & Crafts (Jewelry) 1:00- 2:00 (M2) Drama Group 1:30- 2:30 (Crystal Room) Tai Chi	12:30- 3:45 (M4) Ping Pong 12:30- 3:30 (M3) Leisure Games 1:00- 3:00 (M2) Chinese Culture Group Dancing PM 1:00- 3:30 (Computer Lab) 1:30- 2:30 (Ballroom) Yoga With Ken	Ping Pong 12:30- 3:45 (M4) 1:00- 3:30 (Computer Lab) Arts & Crafts (Needlepoint) 1:00- 3:45 (M2) Line Dancing 1:30- 2:30 (Ballroom)	Ping Pong 12:15- 3:45 (M4) 9/4- Ends at 1:45pm Yoga With Caryn 1:30-2:30 (Ballroom) 9/4 -CANCELLED Chinese Culture Group Advanced Singing PM 1:00-3:00 (M3) Entertainment (1:15-2:15 PM, Crystal Room) *9/11- JJ Burton * 9/18 – Tony Gap *9/25- Russel Targrove