

Fleischman Dining at Jewish Senior Life

October 10 through October 16, 2021

Week 7

Sunday, October 10	Monday, October 11	Tuesday, October 12	Wednesday, October 13	Thursday, October 14	Friday, October 15	Saturday, October 16
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice*	Juice*	Juice*	Juice*	Juice*	Juice*	Juice*
Fruit of the day* Hot Cereal* Scrambled Eggs French Toast* & Syrup*	Fruit of the day* Hot Cereal* Omelet with Cheese Blueberry Pancakes* & Syrup*	Fruit of the day* Hot Cereal* Fried Egg, Cheese, & "Sausage" Sandwich*	Fruit of the day* Hot Cereal* Scrambled Eggs Sweet Breads*	Fruit of the day* Hot Cereal* Fried Eggs Pancakes* & Syrup*	Fruit of the day* Hot Cereal* Cheesy Scrambled Eggs Challah French Toast* & Syrup*	Fruit of the day* Cold Cereal* Hard Boiled Eggs Muffins*
Yogurt*	Yogurt*	Yogurt*	Yogurt*	Yogurt*	Yogurt*	Yogurt*
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Black Bean Soup* Fennel Orange Salad	Cheese Soup* Chopped Salad	Lemon Vegetable Soup Couscous Salad	Roasted Red Pepper Mixed Bean Salad*	Sweet and Sour Soup Soy Cucumber Salad	Baja Vegetable Stew Pickled Radish and Onions	Cold Cucumber Soup White bean and Tomato Salad
Cheese Blintz Souffle* or Homemade Whitefish Salad on a Croissant* with Lettuce & Tomato	Mushroom and Cheese Turnover* or "Chicken" Nuggets	"Beef" Gyro* or Falafel Wrap*	Tuna Sandwich* with Lettuce and Tomato or Cottage Cheese* & Fruit Plate*	Teriyaki "Beef" Stir Fry or Tofu Coconut Curry	Chorizo Tacos w/ Cheese, Lettuce, Tomatoes or Bean Nachos w/ Avocado, Peppers and Onions	Greek Salad w/ Breadstick or Lox with Bagel* & Cream Cheese Tomatoes, Onions, Cucumber
Yellow Squash	Sweet Potato Fries Mixed Vegetables	Fattoush Salad*	Roasted Vegetables	Brown Rice* Snow Peas	Carrot Slaw	Sliced Tri Peppers
Custard Pie** SF Custard Pie*	Iced Fudge Brownie** SF Brownie*	Ice Cream** SF Ice Cream*	Oatmeal Cookie** SF Oatmeal Cookie*	Ice Cream** SF Ice Cream*	Fresh Fruit Tart** SF Fruit Tart*	Ice Cream** SF Ice Cream*
Tea Time:	Pretzels	Cookie/Brownies	Fig Newton	Potato Chips	Fresh Fruit	
Dinner	Dinner	Dinner	Dinner	Dinner	Shabbat Dinner	Dinner
Broccoli Soup* House Salad	Fish Chowder* House Salad Cauliflower Salad	Mushroom and Kale Soup House Salad Creamy Coleslaw	Chicken "Bacon" Soup House Salad Balsamic Basil Tomato Salad	Split Pea Soup* House Salad Garlic Kale Salad	Matzo Ball Soup* House Salad Gefilte Fish	Corn Chowder* House Salad
Hot Dog* or Herbed Fish	Quiche Lorraine* or Pot Roast with Gravy	Spinach and Sundried Tomato Turkey Burger* or Battered Cod*	Alfredo Pasta Bake* or Meat Lasagna	Roasted Chicken or Sauteed Perch	Stuffed Cabbage* or Apricot Dijon Glazed Chicken*	Garlic Beef Tips with Potatoes* or Deli Roll* with Chips*
Quinoa Riviera Blend	"Buttered" Noodles* Honey Glaze Parsnips & Carrots	Latkes with "Sour cream"*** Green Beans	Breadstick* Broccoli Floret	Bulgur Pilaf* Zucchini	Mashed Potatoes* Spaghetti Squash	Mixed Vegetables
Bananas and Cream** Bananas*	Cinnamon Coffee Cake** SF Cinnamon Coffee Cake*	Coconut Cream Pie** SF Coconut Cream Pie*	Lemon Parfait SF Lemon Parfait	Strawberry Pretzel Dessert SF Strawberry Pretzel Dessert*	Chocolate Cream Puff** SF Chocolate Cream Puff*	Cookies** SF Cookie*

Dinner Always Available: Tuna Salad Scoop*, Egg Salad Scoop*, Chopped Liver Plate*, Dark or White Meat Baked Chicken*, Knockwurst, Corned Beef Sandwich or Wrap, Baked Potato*, Sweet Potato*, Applesauce*, Fruit of the Day*
All of our regular menu choices have no added salt, Menu subject to change, changes will be posted.
Residents on a Consistent Carbohydrate Diet should not have more than 6 * at one meal. **=1 carbohydrate choice