



Hechtman Dining at Jewish Senior Life

October 11 through October 15, 2021

Week Seven				
Monday, October 11	Tuesday, October 12	Wednesday, October 13	Thursday, October 14	Friday, October 15
Dinner	Dinner	Dinner	Dinner	Shabbat Dinner
Fish Chowder* House Salad Cauliflower Salad Quiche Lorraine* or Pot Roast with Gravy "Buttered" Noodles* Honey Glaze Parsnips & Carrots Cinnamon Coffee Cake** SF Cinnamon Coffee Cake*	Mushroom and Kale Soup House Salad Creamy Coleslaw Spinach and Sundried Tomato Turkey Burger* or Battered Cod* Latkes with "Sour cream"* Green Beans Coconut Cream Pie** SF Coconut Cream Pie*	Chicken "Bacon" Soup House Salad Balsamic Basil Tomato Salad Alfredo Pasta Bake* or Meat Lasagna Breadstick* Broccoli Floret Lemon Parfait SF Lemon Parfait	Split Pea Soup* House Salad Garlic Kale Salad Roasted Chicken or Sauteed Perch Bulgur Pilaf* Zucchini Strawberry Pretzel Dessert SF Strawberry Pretzel Dessert*	Matzo Ball Soup* House Salad Gefilte Fish Stuffed Cabbage* or Apricot Dijon Glazed Chicken* Mashed Potatoes* Spaghetti Squash Chocolate Cream Puff** SF Chocolate Cream Puff*

All of our regular menu choices have no added salt, Menu subject to change, changes will be posted.