

October Menu 2022 Menu Friedman JCC

Monday, October 3 Hamburger on a Bun, Lettuce Tomato, Corn Salad, Peas and Carrots, Fruit

Tuesday October 4 NO LUNCH Kingston Kosher closed Kol Nidre

Wednesday, October 5 NO LUNCH YOM KIPPUR

Thursday, October 6 Roasted Chicken, Potato Pancake, String Beans, Applesauce, Fruit

Friday October 7 Baked Breaded Fish, Rice Pilaf, Lettuce, Tomato, Cuc Salad, Dressing, Fruit

Monday, October 10 NO LUNCH Sukkot

Tuesday October 11 NO LUNCH Sukkot

Wednesday October 12 NO LUNCH Kingston Kosher Closed

Thursday, October 13 NO LUNCH -Kingston Kosher Closed

Friday October 14 NO LUNCH \_Kingston Kosher Closed

Monday, October 17 NO LUNCH Shemini Atzeret

Tuesday, October 18 NO LUNCH Simchat Torah

Wednesday October 19 Lemon Chicken, Whipped Potatoes, Peas and Carrots, Fruit

Thursday October 20 Plain Bagel, Cream Cheese, Lox, Lettuce, Sliced Tomato, Chips, and Fruit

Friday, October 21 2 Slices of Pizza, Tossed Salad with Lettuce Tomato and Cucumber, Dressing. Fruit

Monday, October 24 Chili Con Carne over Pasta, Lettuce, Tomato, Cuc Salad, Dressing, Fruit

Tuesday October 25 Baked Tilapia, Buttered Noodles, Red Beet Salad, Fruit

Wednesday, October 26 Bar B Q Chicken, Roasted Potatoes, Broccoli and Cauliflower Medley, Fruit

Thursday, October 27 Pasta with Meat Sauce, Salad Lettuce, Tomato, Cucumber, Dressing, Slice of Italian Bread Fruit

Friday, October 28 Tuna Salad on Rye Bread, Tomato and Lettuce, Carrot and Celery Sticks Chips, Fruit

Monday, October 31 2 Blintzes Cherry Topping, Sour Cream, Carrots, Fruit

RESERVATIONS MUST BE MADE 1 WEEK IN ADVANCE!!!!

Call the Front Desk 570824-4646!!