



# JCS' Kosher Meals on Wheels

## JUNE 2026 MEALS



### MON

### TUE

### WED

### THU

### FRI

**1**  
Chicken Caesar Salad (no cheese)  
Dinner Roll  
Dessert

**2**  
Teriyaki Chicken  
Rice Stuffed Pepper  
Sauteed Vegetables  
Fresh Fruit

**3**  
Italian Chicken Tenders  
Brown Rice  
Roasted Carrots  
Fresh Fruit

**4**  
Sweet Thai Chili Tofu  
Vegetable Lo Mein  
Fresh Fruit

**5**  
BBQ Hot Dogs, Pepper & Onion  
Dessert

**8**  
Tuna Sandwich  
Bulkie Roll  
Pickle  
Fresh Fruit

**9**  
Crustless Quiche w/ Vegetables  
Home Fries  
Fresh Fruit

**10**  
Rotisserie Chicken  
Mashed Potatoes w/ Gravy  
Carrots & Peas  
Dessert

**11**  
Turkey Meatballs w/ Vegetables  
Sweet Potatoes  
Roasted Corn  
Dessert

**12**  
Teriyaki Chicken  
White Rice  
Hibachi Vegetables  
Fresh Fruit

**15**  
Bagel  
Cream Cheese  
Lox  
Tomato, Cucumber, Onion  
Fresh Fruit

**16**  
Chicken Burger Slider  
French Fries  
Tomato, Onion  
Lettuce  
Dessert

**17**  
Lemon/Rosemary Chicken Thigh  
Rice Pilaf  
Garlic Green Beans  
Dessert

**18**  
Honey Apricot Chicken Drumstick  
Roasted Potatoes w/ Rosemary  
Roasted Vegetable Medley  
Fresh Fruit

**19**  
Spaghetti w/ Sauce & Chicken Meatballs  
Grilled Zucchini  
Challah Roll  
Fresh Fruit

**22**  
Garlic Scampi  
Pasta w/ Cubed Chicken & Broccoli  
Challah Roll  
Fresh Fruit

**23**  
BBQ Chicken Meatballs  
Peppers & Onion  
Fingerling Potatoes  
Apple Sauce

**24**  
Lemon Crusted Haddock  
Green Beans  
Coconut White Rice  
Fresh Fruit

**25**  
Chicken Stir Fry  
Fried Rice w/ Vegetables  
Hibachi Bean Sprout  
Apple Sauce

**26**  
American Chopped Suey w/ Ground Beef & Vegetables  
Dinner Roll  
Dessert

**29**  
Rotisserie Chicken  
Cauliflower Carrot Medley  
Roasted Potatoes  
Dessert

**30**  
Spaghetti w/ Sauce and Meatballs  
Mixed Vegetables  
Challah Roll  
Fresh Fruit

**Seniors and adults with disabilities of all faiths and backgrounds are also welcome to receive our Kosher Meals on Wheels.**

Suggested \$3.00 Donation

Questions about Kosher Meals on Wheels call Neal Drobnis 401-421-4111 X 114

Meals will be delivered to your home

2 Meals on Monday  
3 Meals on Wednesday

Contact Maya at Meals on Wheels with concerns regarding food allergies: 401-351-6700 Ext. 113

Join us on Zoom or in-person for Activities before lunch! See back side for the weekly schedule!






# KOSHER SENIOR CAFE

- Held in Providence (Monday–Thursday) and in Cranston (Friday), offering delicious kosher lunches and an opportunity to socialize.
- Activities and entertainment contribute to the social atmosphere and vibrant community.
- All seniors (regardless of religion) age 60 and older, as well as younger adults with a disability, are eligible to dine at the Kosher Senior Café.
- Reservations are required two days in advance for meals. There is a suggested donation of \$3 per meal to help cover costs of the café. (All donations are made anonymously, and no eligible participant will be turned away if they are unable to donate.) There is no charge for scheduled social activities.
- For those who are unable to travel, JCS also offers Kosher Meals on Wheels.

## JUNE 2026 ACTIVITIES

MON	TUE	WED	THU	FRI
Poetry Slam <sup>1</sup>	Jews and Pickles <sup>2</sup>	Chair Yoga <sup>3</sup> 	Case Management Corner with Samantha Clark <sup>4</sup>	URI Pharmacy Summer Health <sup>5</sup>
Improv For Everyone <sup>8</sup>	Heroes we could not live without <sup>9</sup>	Chair Yoga <sup>10</sup> 	Mindfulness with Emily Dimon <sup>11</sup>	Jewish Living with Susie Adler <sup>12</sup>
Improv For Everyone <sup>15</sup>	How We Spend Our Time <sup>16</sup>	Chair Yoga <sup>17</sup> 	Case Management Corner with Samantha Clark <sup>18</sup>	Birthday Music with Joe Holtzman & Friends <sup>19</sup>
Improv For Everyone <sup>22</sup>	Oats Which is Healthiest? <sup>23</sup>	Chair Yoga <sup>24</sup> 	Mindfulness with Emily Dimon <sup>25</sup>	Eleventh Anniversary Party At Temple Sinai <sup>26</sup>
Improv For Everyone <sup>29</sup>	Summer Photography <sup>30</sup>			

Experience our Tuesday, Wednesday, and Thursday activities firsthand at the Dwares JCC, or join us virtually LIVE on ZOOM!

[Click Here to Access Zoom](#) or look for Neal's Weekly Email!

Mondays are held at the JCC, and Friday at Temple Sinai, unless otherwise noted.

### UPCOMING EVENTS

Friday, June 26,  
Eleventh Anniversary  
Kosher Senior Cafe'  
at Temple Sinai

If you use email and do not already receive emails from us, please contact [neal@jcsri.org](mailto:neal@jcsri.org)