

REMEMBER

305-899-8301 for JCS Office
305-673-8658 for Espanola Way
610 Espanola Way Miami Beach
Florida 33139



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

PLEASE NOTE ALL ACTIVITIES ARE
SUBJECT TO CHANGE & MAY BE
DEPENDENT ON WEATHER,
SPECIAL EVENTS OR AVAILABILITY



1
10AM Table Top
Games 10 am Art
with Carlos
11:30AM Lunch
Shabbat Vayechi
5:25pm
Shabbat Ends
6:21pm

2
10AM Table Top
Games 10 am Art
with Carlos
11:30AM Lunch
Shabbat-Shemot
5:30pm
Shabbat Ends
6:26pm

3
TBA

4
10AM Table Top
Games
10:30AM Mind &
Melody
with Adriana
11:30AM Lunch
Orthodox Christian
Christmas

5
10AM Table Top
Games 10AM Yoga
with Jenny
11AM Silver Sneakers
with Terry
Three Kings Day

6
10AM Table Top
Games
10:30AM Tai-Chi
with AI
11:30AM Lunch

7
10AM Table Top
Games 10AM Yoga
with Jenny
11AM Silver Sneakers
with Terry

8
TBA

9
10AM Table Top
Games 10 am Art
with Carlos
11:30AM Lunch
Shabbat-Va'eira
5:35pm
Shabbat Ends
6:30pm

10
10AM Table Top
Games
10:30AM Mind &
Melody
with Adriana
11:30AM Lunch

11
10AM Table Top
Games 10AM Yoga
with Jenny
11AM Silver Sneakers
with Terry

12
10AM Table Top
Games
10:30AM Tai-Chi
with AI
11:30AM Lunch

13
10AM Table Top
Games 10AM Yoga
with Jenny
11AM Silver Sneakers
with Terry

14
TBA

15
10AM Table Top
Games 10 am Art
with Carlos
11:30AM Lunch
Shabbat-Bo
5:41pm
Shabbat Ends
6:35pm

16
10AM Table Top
Games
10:30AM Mind &
Melody
with Adriana
11:30AM Lunch

17
10AM Table Top
Games 10AM Yoga
with Jenny
11AM Silver Sneakers
with Terry

18
10AM Table Top
Games
10:30AM Tai-Chi
with AI
11:30AM Lunch

19
10AM Table Top
Games 10AM Yoga
with Jenny
11AM Silver Sneakers
with Terry

20
10AM Table Top
Games 10 am Art
with Carlos
11:30AM Lunch
Shabbat-Beshalach
5:46pm
Shabbat-Ends
6:40pm

21
TBA

22
10AM Table Top
Games
10:30AM Mind &
Melody
with Adriana
11:30AM Lunch

23
10AM Table Top
Games 10AM Yoga
with Jenny
11AM Silver Sneakers
with Terry

24
10AM Table Top
Games
10:30AM Tai-Chi
with AI
11:30AM Lunch

25
10AM Table Top
Games 10AM Yoga
with Jenny
11AM Silver Sneakers
with Terry

Point East - Jewish Community Services of South Florida, Inc. Kosher C1				
Monday DEC 29	Tuesday DEC 30	Wednesday DEC 31	Thursday JAN 1	Friday JAN 2
WK 1				
JAN 5	JAN 6	JAN 7	JAN 8	JAN 9
WK 2	4 oz Salisbury Steak w/Mushroom Sauce 4 oz Baked Sweet Potato 4 oz Peas 1 sl. Whole Wheat Bread Margarine 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low Fat Milk	6 oz. Split Pea Soup 3 oz. Chicken Salad 4 oz. Tossed Salad 2 sls. Whole Wheat Bread 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low/Fat Milk	4 oz. Garlic Butter Salmon 4 oz. Brown Rice 4 oz. Green Beans 1 sl. Whole Wheat Bread 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low Fat Milk	8 oz. Chicken Matzo Ball Soup 4 oz. Teriyaki Chicken Quarter 4 oz. Brown Rice 4 oz. Tossed Salad 1 sl. Whole Wheat Bread Margarine 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low/Fat Milk
JAN 12	JAN 13	JAN 14	JAN 15	JAN 16
WK 3	1 serving Vegetable Lasagna 6 oz. Tossed Salad 4 oz. Peas and Carrots 1 sl. Whole Wheat Bread Margarine 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low Fat Milk	6 oz. Garbanzos (Chick Pea) Soup 3 oz. Egg Salad 4 oz. Lettuce and Tomatoes Salad 2 sls. Whole Wheat Bread 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low/Fat Milk	4 oz. Herb Roasted Fish 4 oz. Spanish Rice 6 oz. Green Beans 1 sl. Whole Wheat Bread Margarine 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low/Fat Milk	8 oz. Chicken Matzo Ball Soup 4 oz. Rosemary Chicken Quarter 4 oz. Parsley Potatoes 4 oz. Peas and Carrots 1 sl. Whole Wheat Bread 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low Fat Milk
JAN 19	JAN 20	JAN 21	JAN 22	JAN 23
WK 4	4 oz. Pineapple Glazed Fish 4 oz. Vegetarian Fried Rice 4 oz. Carrots and Corn 1 sl. Whole Wheat Bread Margarine 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low/Fat Milk	6 oz. Minestrone Soup 4 oz. Chicken Patty 4 oz. Tossed Salad 2 sls. Whole Wheat Bread 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low/Fat Milk	8 oz. Beef Baked Ziti 4 oz. Seasonal Vegetables 1 sl. Whole Wheat Bread 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low Fat Milk	6 oz. Chicken Noodle Soup 4 oz. BBQ Chicken (Quarter) 4 oz. Baked Beans 4 oz. Cole Slaw 1 sl. Whole Wheat Bread 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low/Fat Milk
JAN 26	JAN 27	JAN 28	JAN 29	JAN 30
WK 1	4 oz. Fish Florentine 4 oz. White Rice 6 oz. Country Blend Vegetables 1 sl. Whole Wheat Bread Margarine 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low Fat Milk	6 oz. Lentil Soup 3 oz. Tuna Salad 4 oz. Tomato and Cucumber Salad 2 sls. Whole Wheat Bread 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low/Fat Milk	1 ea. Stuffed Beef Pepper 4 oz. Roasted Potatoes 6 oz. Mixed Vegetables 1 sl. Whole Wheat Bread Margarine 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low/Fat Milk	8 oz. Chicken Matzo Ball Soup 4 oz. Teriyaki Chicken Quarter 4 oz. Brown Rice 4 oz. Tossed Salad 1 sl. Whole Wheat Bread Margarine 4 oz. Fruit Juice or Seasonal Fruit Coffee/Tea/Creamer/Sugar/Sweet'N Low Dry Non/Low/Fat Milk

Menus have been analyzed with computer software programming using ESHA Research Food Processor Software. Menu meets the Department of Elder Affairs guidelines outlined in section 5 of the DOE Programs & Services Handbook. Each meal provides 33 1/3% of the Dietary Reference Intake (DRI/AI). Nutrition Analysis includes: calories, protein, fat, fiber, calcium, zinc, sodium, potassium, vitamins (B6, B12, C, A). Adequate daily amounts of calories, protein, fat, fiber, calcium, vitamin B6 and vitamin C are provided. Vitamins A & B12, zinc, magnesium, sodium & potassium meet weekly requirements; however, each meal does not exceed 1000 mg of sodium. Prepared & Approved by Denise Li, MS, RDN, LDN. Project Title: JCS Kosher Congregate Meals C1. JCS Director, Lily Suazo. Effective: January 1st - June 30th, 2026.

Approved By:

Michelle Laven MS, RD, LDN, CDE

D5042

Date Approved and Signed: November 20, 2025