



Nutrition

September

Monday	Tuesday	Wednesday	Thursday	Friday
2 2 nd of Elul Closed Labor Day	3 3 rd of Elul Lasagna Roll (D)	4 4 th of Elul Salami & Potatoes (M)	5 5 th of Elul Turkey & Corn Tortilla Soup (M) Book Club 1 pm	6 6 th of Elul Fried Rice with Sausage (M) Sunset 7:22 pm
9 9 th of Elul Bagel & Lox (D) Movie Matinee 12:45 pm	10 10 th of Elul Roasted Vegetable Pizza (D) Aging Well 11 am	11 11 th of Elul Quinoa & Cheese Stuffed Pepper (D) VNA 9 am	12 12 th of Elul Black Bean Chipotle Veggie Burger (D) Jewish Genealogy 1 pm	13 13 th of Elul BBQ Chicken Sandwich (M) Sunset 7:11 pm
16 16 th of Elul Roasted Vegetable Frittata (D)	17 17 th of Elul Spaghetti & Meat Sauce (M) New Theatre 6 pm	18 18 th of Elul Tuna Salad (D)	19 19 th of Elul Baked Chicken (M) Rosh Hashana Luncheon 12 pm	20 20 th of Elul Cabbage Rolls (M) Sunset 7:00 pm
23 23 rd of Elul Grilled Chicken Kabobs (M)	24 24 th of Elul Taco Salad (D)	25 25 th of Elul Grilled Asian Chicken Salad (M)	26 26 th of Elul Tuna Casserole (D) Learn, Laugh, Love 1 pm	27 27 th of Elul Pastrami Sandwich (M) Sunset 6:49 pm
30 1 st of Tishrei Closed Rosh Hashana				

M = Meat D=Dairy

Heritage Center Lunch Program

Reservations/Cancellations

Call (913) 327.8044

Lunch is \$7 for Members 65 and older.

Lunch is \$10 for guests and individuals younger than 65.

Service is at Noon. Walk-ins after 10 am without prior reservation will be charged \$10 and accommodated upon availability. Alternative entrees of garden salad, egg salad, gefilte fish, or tuna salad are available with prior notice by 10 am.

All meals are kosher and supervised by the Vaad Hakashruth of Kansas City.

October

Monday	Tuesday	Wednesday	Thursday	Friday
	1 2 nd of Tishrei Closed Rosh Hashana	2 3 rd of Tishrei Garden Salad (D)	3 4 th of Tishrei Turkey Sandwich (M) Women of the Supreme Court 1 pm Book Club 1 pm	4 5 th of Tishrei Pan Sauteed Flounder (D) Spirituality & Wellness 11 am Sunset 6:38 pm
7 8 th of Tishrei Bagel & Lox (D) Movie Matinee 12:45 pm	8 9 th of Tishrei Grilled Hamburger (M)	9 10 th of Tishrei Closed Yom Kippur	10 11 th of Tishrei Roasted Vegetable Pizza (D)	11 12 th of Tishrei Roasted Turkey (M) Sunset 6:27 pm
14 15 th of Tishrei Closed Sukkot	15 16 th of Tishrei Tuna Salad (D)	16 17 th of Tishrei Salmon Patty (D)	17 18 th of Tishrei Cabbage Rolls (M) Learn, Laugh, Love 1 pm	18 19 th of Tishrei Chicken Street Tacos (M) Sunset 6:17 pm
21 22 nd of Tishrei Closed Shmini Atzeret	22 23 rd of Tishrei Egg Salad (D)	23 24 th of Tishrei Meatball Sub (M)	24 25 th of Tishrei Sloppy Joe Sandwich (M) Art Show Opening 4 pm	25 26 th of Tishrei Roasted Chicken with Root Vegetables (M) Sunset 6:07 pm
28 29 th of Tishrei Bagel & Lox (D)	29 30 th of Tishrei Southwest Chicken & Black Bean & Corn Soup (M)	30 1 st of Cheshvan Pasta & Meat Sauce (M) Flu Shots 9 am	31 2 nd of Cheshvan Beef Chili (M)	

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