



Rose Centers Directory

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HOME DELIVERED MEALS

Meal Cancellations:

216-373-1994

Hours: Mon- Friday 8:00am -5:00pm

Staff:

Jacqueline Hart, HDM Administrator
 Christine Maslar, HDM Social Worker
 Jennifer Meigs, HDM Social Worker
 Bonnie Paul, HDM Social Worker
 Milton Allen, Driver/Jumper
 Anthony Bolden, Driver/Jumper
 Carmetta Brabson, Driver/Jumper
 Jameel Brabson, Driver/Jumper
 Micheal Brown, Driver/Jumper
 Donna Dozier, Driver/Jumper/Generalist
 Denham Fletcher, Driver/Jumper
 Bruce Fowler, Driver/Jumper
 Alexander Franklin, Driver/Jumper
 Joseph Grair, Fleet Manager
 Brandon Horne, Driver/Jumper
 Sam Johnson, Driver/Jumper
 Marcus Mathis, Driver/Jumper
 Thomas Rankins, Driver/Jumper
 Anthony Ray, Driver/Jumper
 Lander Redrick, Driver/Jumper
 Carl Rudolph, Driver/Jumper
 George Sturdivant, Driver/Jumper
 Kenneth Vaughn, Driver/Jumper
 Arthur Walker, Driver/Jumper

ROSE CENTERS ADMINISTRATION

Dabney K. Conwell

Vice President, Health and Wellness

Melissa Winberry

Assistant Director, Health and Wellness

Tim Frey

Program Director, Health and Wellness

Aja Harris

Administrative Coordinator

ROSE CENTER DIRECTORY

East Cleveland Rose Center.....Phone: 216-373-1696

1507 Doan Avenue, Cleveland, OH 44112 M–F 10am-3pm

Kia Keaton, Center Director

Kathleen Woodson, Program Assistant

Gunning Park Rose Center Phone: 216-373-1735

16700 Puritas Road, Cleveland, OH 44135 M–F 8:30am-3pm

Trina Roddy, Center Director

Christa Smith, Program Assistant & Activities Coordinator

Brittney Schill, Kitchen Aide

Lakeshore Rose Center Phone: 216-373-1939

16600 Lakeshore Blvd, Cleveland, OH 44110 M–F 10am-3pm

Carla Collins, Center Director

Robin Whitted, Program Assistant

David Blackman, Custodian

King Kennedy Rose Center Phone: 216-401-6561

2501 East 59th Street, Cleveland, OH 44104 M–F 8am-2pm

Whitney Meyers, Nutrition Site Coordinator

Gary McCoy & Mary Wallace, Kitchen Aide

Riverview Towers Rose Center.....Phone: 216-373-1793

1795 West 25th Street, Cleveland, OH 44113 M–F 9am-2pm

Carla Epps, Nutrition Site Coordinator

Da’Naija Mitchell & Clarence Golston, Kitchen Aide

Old Brooklyn Rose Center.....Phone: 216-749-5367

3100 Devonshire Rd, Cleveland, OH 44109 M–F 10am-3pm

Open Position, Center Director

Cassandra Chambers, Program Assistant

Rhoda Cantrell, Activities Coordinator

Shuranda Colvin, Kitchen Aide

Open Position, Kitchen Aide

Rose Center at Fairhill Partners..... Phone: 216-421-1350 x162

12000 Fairhill Road, Cleveland, OH 44120 M-F 11:30am-12:30pm


*Contact Carol Gatto to make a lunch reservation.

Don't forget to give your suggested \$1.00/day meal donation to your center staff or delivery person.

Rose Centers News

Virtual Financial Education Workshops

Join us via Zoom
11:00 a.m. – 12:30 p.m.



Workshop Schedule

- Friday, July 10, 2026
Avoiding Financial Exploitation
- Friday, July 17, 2026
Estate Planning
- Friday, July 24, 2026
Goal Setting/Budgeting/Understanding Credit and Debt
- Friday, July 31, 2026
Benefitting from Benefits

To register, please visit www.benrose.org

July Community Events:

- 7/4 Light Up the Lake: Downtown Cleveland
- 7/10-12 Cain Park Art Fest: Cleveland Hts.
49th Annual Arts Fest, free admission.
- 7/19 Taste of Tremont: Annual Street Festival,
free, noon to 8pm, 2406 Professor Ave.
- 7/23-26 Fairview Park Summerfest: Enjoy
good food, live music, a parade, fireworks,
carnival rides, and more. Bohlken Park

There will be no meal delivery, and the Rose Centers will be closed on: **Friday July, 3rd** in observance of **Independence Day**



Be the first to know about Rose on the Go events, by joining the email list. Keep an eye out for upcoming events in the Rose Centers for Aging Well newsletter! For more information contact: Tim at (216) 373-1983

If you will not be home to receive your delivery, please call to cancel that day's delivery.

Canceling in advance allows us to continue offering this vital service to our community.
~Call 216-373-1994 ~

Be sure to listen to your messages from the automated messaging system to hear reminders and important announcements.

Don't Call—Just Listen

Calls will be from 216-799-0461



*You will receive program alerts via phone calls, text messages, or email for FREE!



HDM Reminder to Update your Info:

If you change your phone number please call the HDM Administrator at 216-373-1994 to report your new phone number. If you reach voicemail, please leave your name, address and new phone number on the message.

Old Brooklyn

Center Trips This Month

07/14- Book Club @ South Brooklyn Library 10AM

07/21- Button Making @ South Brooklyn Library 10:15AM

07/22- Senior Walk Kerruish Park 9AM

07/29- Senior Walk Impett Park 9AM

07/30- The Lion King @ Playhouse Square 12PM



EXERCISE CLASSES EVERY TUESDAY, WEDNESDAY AND FRIDAY AT 12:30PM!!!



Upcoming Special Events

7/7- How to Avoid Probate 10AM

7/9, 7/16, 7/23 Cell Phone Photography w/ Stefan 10:30AM

7/10- Tax Talk 12:30PM

7/13- Gardening with Greg 10AM

7/17- Doc Talk w/ Archwell 10AM

7/20- Alzheimers Disease w/ Cleveland Dept of Health 10AM

7/23- Downsizing & Decluttering w/Mick 10AM

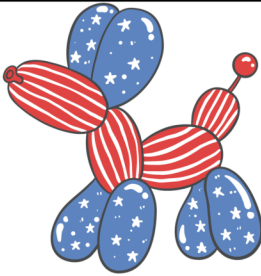

7/24- Cooking w/ Cassie 10AM



Please make sure you are signing up for your lunch and transportation to and from the center on Mondays and/or Tuesdays of each week.
See Front Desk

Old Brooklyn

July 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
|  | | <p>1 8:30 Coffee & Music</p> <p>10:00 July 4th Movie</p> <p>12:30 Bingo</p> | <p>2 8:30 ChitChat</p> <p>10:00 Jeopardy</p> <p>10:30 Volleyball</p> <p>12:00 Lunch</p> | <p>3 CLOSED</p>  |
| <p>6 8:30 Coffee & Music</p> <p>10:00 Produce</p> <p>12:30 Bingo</p> | <p>7 8:30 Board Games</p> <p>10:00 How to Avoid Probate</p> <p>12:30 Stability & Strength</p> | <p>8 8:30 Puzzles</p> <p>10:00 Crafts w/ Christine</p> <p>12:30 Yoga</p> <p>Shopping (Walmart)</p> | <p>9 8:30 ChitChat</p> <p>10:00 Cell phone Photography</p> <p>10:30 Volleyball</p> <p>12:30 Bingo</p> | <p>10 8:30 Crafts</p> <p>10:00 Gen Mobile</p> <p>12:30 Tax Talk</p> <p>12:30 Tai-Chi</p> |
| <p>13 8:30 Coffee & Music</p> <p>10:00 Gardening with Greg</p> <p>12:30 Bingo</p> | <p>14 8:30 Board Games</p> <p>10:00 Book Club 1st Meeting</p> <p>12:30 Stability & Strength</p> | <p>15 8:30 Puzzles</p> <p>10:00 Dept of Aging Presentation</p> <p>12:30 Yoga</p> <p>Shopping (Giant Eagle)</p> | <p>16 8:30 ChitChat</p> <p>10:30 Cell Phone Photography</p> <p>10:15 Blood Pressures</p> <p>10:30 Volleyball</p> <p>12:30 Bingo</p> | <p>17 8:30 Crafts</p> <p>10:00 Doc Talk</p> <p>12:30 Tai-Chi</p> |
| <p>20 8:30 Coffee & Music</p> <p>10:00 Alzheimers Disease Presentation</p> <p>12:30 Bingo</p> | <p>21 8:30 Board Games</p> <p>10:15 Button Making</p> <p>12:30 Stability & Strength</p> | <p>22 8:30 Puzzles</p> <p>9:00 Senior Walk</p> <p>12:30 Yoga</p> | <p>23 8:30 ChitChat</p> <p>10:30 Cell phone Photography</p> <p>10:00 Downsizing & Decluttering</p> <p>10:30 Volleyball</p> <p>12:30 Bingo</p> | <p>24 8:30 Crafts</p> <p>10:00 Cooking with Cassie</p> <p>12:30 Tai-Chi</p> |
| <p>27 8:30 Coffee & Music</p> <p>10:00 MoTown Movement</p> <p>12:30 Bingo</p> | <p>28 8:30 Board Games</p> <p>10:00 Medicare Presentation</p> <p>12:30 Stability & Strength</p> | <p>29 8:30 Puzzles</p> <p>9:00 Senior Walk</p> <p>12:30 Yoga</p> | <p>30 8:30 ChitChat</p> <p>10:00 Jeopardy</p> <p>11:00 The Lion King Trip</p> <p>10:30 Volleyball</p> <p>12:30 Bingo</p> | <p>31 8:30 Crafts</p> <p>10:00 Safety Presentation</p> <p>12:30 Tai-Chi</p> |

East Cleveland

WEEKLY PROGRAMMING

Tai Chi Mondays -12:30pm
Bingo Tuesdays- 12:30pm
Bible Study 1st & 3rd Wed-1:00pm
Build a Bouquet 4th Thursday -11am
Craft Time Thursday -12:30pm
Tech Time Friday-10:30am



This years Senior Prom was definitely Groovy! Live performances, prizes, raffles, food, music and fun!



Upcoming Special Events/Trips



- July 4th - Independence Day
- July 15th - SPECIAL TRIP- Lady Caroline
- July 22nd - Brain Health Program CWRU
- July 30th - Theatre Trip- The Lion King

REMINDERS

Please make your weekly meal and/or transportation reservation on Mondays before 11:00 am for the next week.

East Cleveland

July 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
|  |  | 1 10:00 Dominoes 11:30 Lunch | 2 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time | 3 Center Closed |
| 6 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi | 7 10:00 Dominoes 12:00 Lunch 12:30 BINGO | 8 10:00 Dominoes 11:30 Lunch | 9 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time | 10 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games |
| 13 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi | 14 10:00 Dominoes 12:00 Lunch 12:30 BINGO | 15 10:00 Dominoes 11:00 Special Trip 11:30 Lunch | 16 9:30 Dominoes 10:30 Fit & Fab 10:30 Lunch Trip 12:00 Lunch 12:30 Craft Time | 17 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games |
| 20 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi | 21 10:00 Dominoes 12:00 Lunch 12:30 BINGO | 22 10:00 Dominoes 11:30 Lunch 12:00 Brain Health | 23 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time | 24 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card games |
| 27 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi | 28 10:00 Dominoes 12:00 Lunch 12:30 BINGO | 29 10:00 Dominoes 12:00 Lunch | 30 9:30 Dominoes 10:30 Fit & Fab 11:00 Special Trip 12:00 Lunch 12:30 Craft Time | 31 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games |

Gunning Park

WEEKLY PROGRAMMING

Bingo, Cardio Dance,
Dancercise, Pinochle,
Fitness Fusion,
Dominoes, Pokeno,
Tai Chi, Volleyball,
Line Dance,
Senior Walking

Upcoming Special Events

"Special Trips"

LGBT Rainbow Pioneers Picnic on 7/10 at 11 am.
Cuyahoga County Scenic Railroad Date (TBD)
Lion King on 7/30 at 12 pm.

Resourceful Presentations:

CCHAP Meals on Wheels 7/23 at 10 am.

Additional Activities:

Restore Outreach Center (R.O.C.) on 7/20 at 10 am.
S.P.I.C.E. Cooking Class on 7/27 at 9:45 am.

Monthly Programs

EMS Screenings
Fresh Flowers
Commodity Food Box
Arts & Crafts
Food Pantry Day
Music Therapy
S.P.I.C.E. - It Up
Cooking Class

Happy ★ ★ ★ ★ ★
INDEPENDENCE
★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Day

70's Theme Senior Prom Pictures



REMINDERS

Please make your weekly meal and
or transportation reservation on
Monday's before or by 10 am.
Thank you & Have a Great Day
on Purpose!

Gunning Park

July 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
|  | | 1 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up | 2 9:30 Pinochle 9:30 EMS Screening 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up | 3 RCAW Closed  |
| 6 10:00 Line Dance 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up | 7 9:30 Pinochle 10:00 Fitness Fusion 11:30 Lunch 12:30 STC Pick-up | 8 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up | 9 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up | 10 9:30 Walking 10:00 LGBT Picnic 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up |
| 13 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up | 14 9:30 Pinochle 10:15 Music Bingo 12:00 Fresh Flowers 11:30 Lunch 12:30 STC Pick-up | 15 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up | 16 9:30 Pinochle 10:00 Union Home Mortgage (Bingo) 11:30 Lunch 12:30 STC Pick-up | 17 9:30 Walking 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up |
| 20 10:00 R.O.C. Presentation 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up | 21 9:30 Pinochle 10:00 Chair Dancercise 11:30 Lunch 12:30 STC Pick-up | 22 9:30 Walking 9:30 Commodity Food Box Day 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up | 23 9:30 Pinochle CCHAP Meal on Wheels 11:30 Lunch 12:30 STC Pick-up | 24 9:30 Walking 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up |
| 27 10:00 S.P.I.C.E It Up Cooking 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up | 28 9:30 Pinochle 10:00 Chair Dancercise 11:30 Lunch 12:30 STC Pick-up | 29 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up | 30 9:30 Pinochle 10:00 Tai Chi 12:00 "Special Trip" Lion King 11:30 Lunch 12:30 STC Pick-up | 31 9:30 Walking 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up |

Lakeshore

CENTER TRIPS

THIS MONTH

July 2nd - Lady Caroline

July 15th - Science Center

July- 24th - Near West Theater



In observance of Independence day the center will be closed on July 3rd



Protect your skin

★ Take a break!!

Stay Hydrated!!

Weekly Programming

Monday- Exercise with Rashida
7/6, 7/13, 7/20, 27

Tuesday - Cardio line dancing
7/7, 7/21

Tuesday- Aerobics with Christine
7/14, 7/28

Thursday- Fitness with Tonya
7/9, 7/16, 7/23, 7/30

Classes start at 10a.m.

July Special Events

July 8th - Stroke presentation

July 10th - Invite a friend!

July 14th - Chef Kellee

July 22nd - Art with Chris Young

July 24th - Fitness Friday with CSU

Don't
Forget!

Please remember to make all
transportation and meal
reservations by Tuesday afternoon!!
(216) 373-1683 or (216) 373-1939

Lakeshore

July 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| | | 1 10:00 Bingo 11:30 Lunch 12:00 Pokeno | 2 Lady Caroline Trip! | 3 Center Closed |
| 6 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club | 7 10:00 Cardio line dancing 11:30 Lunch 12:00 Bible Study Gardening | 8 10:00 Stroke awareness 11:30 Lunch 12:00 Pokeno | 9 10:00 Fitness w/ Tonya 11:30 Lunch 12:00 Bible Study Games | 10 Bring A Friend 11:30 Lunch 12:00 Special event |
| 13 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club | 14 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Bible Study Gardening | 15 10:00 Bingo 11:30 Lunch Great Lakes Science Center | 14 10:00 Exercise w/ Tonya 11:30 Lunch 12:00 Bible Study Gardening | 17 10:00 Social Hour 11:30 Lunch 12:00 Group game |
| 20 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club | 21 10:00 Cardio line dancing 11:30 Lunch 12:00 Bible Study Gardening | 22 10:00 Art w/ Chris Young 11:30 Lunch 12:00 Bingo | 23 10:00 Exercise w/ Tonya 11:30 Lunch 12:00 Bible Study Gardening | 24 10:00 Fitness Friday w/ CSU 11:30 Lunch 12:00 Group game Near West Theater Evening trip |
| 27 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club | 28 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Bible Study Gardening | 29 10:00 Bingo 11:30 Lunch 12:00 Pokeno | 30 10:00 Exercise w/ Tonya 11:30 Lunch 12:00 Bible Study Games | 31 10:00 Social Hour 11:30 Lunch 12:00 Group game |

Rose on the Go

More Than Burgers and Hot Dogs

Long before backyard grills and neighborhood block parties, communal outdoor cooking traditions were practiced by Indigenous peoples and later influenced by cultures across the American South. Over time, the cookout evolved into a beloved summer ritual, becoming especially popular in the 20th century as families and friends gathered to celebrate holidays, milestones, and weekends together. More than just a chance to enjoy favorite foods, cookouts have long served as a way to strengthen ties with neighbors, reconnect with loved ones, and create lasting memories. Whether hosting a barbecue, attending a picnic, or sharing a potluck meal, these simple gatherings remind us that some of life's richest moments are found around the table.



No backyard? No problem! A picnic in the park or a potluck with friends can be just as meaningful. Consider bringing people together around a shared meal this season.

King Kennedy & Riverview Towers

A decorative graphic with a banner that says "WELCOME Aboard!". Below the banner is a message: "We are excited to welcome our newest team members. Please join us in giving them a warm welcome." Below this are two employee cards. The first card is for Whitney Meyers, Nutrition Site Coordinator at King Kennedy Nutrition Site. The second card is for Da'Naija Mitchell, Kitchen Aide at Woods Nutrition Site. The graphic is decorated with stars, hearts, and confetti.

WELCOME
Aboard!

We are excited to welcome our newest team members. Please join us in giving them a warm welcome.

Whitney Meyers
Nutrition Site Coordinator
King Kennedy Nutrition Site

Da'Naija Mitchell
Kitchen Aide
Woods Nutrition Site



July 2026 WRAAA MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Choice of: 1% Milk, Buttermilk, or Calcium fortified juice * =take temperature of Milk and all food proceeded by an asterisk. | Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i> | 1 *Steak Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Asian Blend ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CF TR | 2 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Green Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin 1 oz Peaches ½ c ALT-CBG RB | 3 Closed Happy Fourth of July! |
| 6 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT=CS T | 7 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Banana ALT=CBSG TR | 8 *Roasted Turkey 3 oz *Sweet Potatoes, ½ c gravy *Green Beans ½ c W.G. Dinner Roll 2 oz Pears ½ c ALT=CF RB | 9 *Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Peas ½ c Whole Grain Bun 2 oz Fresh Grapes 1 c ALT=CBSG RB | 10 *Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Pears ½ c |
| 13 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *California Blend ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c ALT=CS TR | 14 *Breaded Chicken Patty 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple chunks ½ c ALT=CBSG RB | 15 * Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Green Beans ½ c Fresh Plum ALT=CF T | 16 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c W.G. Cereal Bar 1 oz Mandarin Oranges ½ c ALT=CBSG TR | 17 *Beef Sloppy Joe 4 oz *Sweet potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun 2 oz Peaches ½ c ALT=CF RB |
| 20 *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CS T | 21 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBSG RB | 22 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange ALT=CF TR | 23 *Breaded Fish 3 oz Tartar Sauce 1 PC *Roasted Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Applesauce ½ c ALT=CBSG RB | 24 *Chicken Parmesan Patty 3 oz. W. Tomato Sauce ¼ c *Antigua Blend ½ c *Cape Cod Blend ½ c WG Bun 2 oz Banana ALT=CF T |
| 27 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz, *Corn ½ c 2 Whole Grain White Peaches ½ c ALT=CS TR | 28 *Beef Lasagna 3 oz. *Spinach ½ c *Beets ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT=CBSG T | 29 *Chicken and Gravy 3 oz W.G. Biscuit 2 oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Cranberry Juice 4 oz ALT=CF RB | 30 *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT=CBSG TR | 31 *Salisbury Steak 3 oz *Gravy 2 oz, *Mashed Potatoes ½ c *Zucchini ½ c Whole Grain biscuit 2 oz Pears ½ c ALT=CF TR |

Western Reserve Area Agency on Aging - 2026

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad w/Lettuce, Ham, Egg, Cheese

Come on down for a hot meal every second Saturday from 12:30-2pm

- DONATIONS WELCOME -
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DIVINE OUTREACH MINISTRY
East Cleveland Transitional Housing
216-255-6953

chernin@sbcglobal.net
Dorothy Carmack,
Executive Director

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