

Meals at L'Chaim are designed to be nutritious and culturally-familiar to our clients. Food is prepared under the supervision of a registered dietician and meals are served in a warm, communal setting.

Breakfast

Breakfast items rotate regularly. Typical items are listed below.

- Whole wheat bread
- Mini cheesecake
- Whole milk
- Butter, sugar-free jam, plant-based cream cheese
- Havarti sliced cheese
- Yogurt (vanilla and strawberry)
- Cottage cheese (4%)
- Hard boiled eggs
- Fruit or vegetable

Lunch

Lunch menu rotates weekly. Lunch typically includes soup, salad, a protein entree, grains, and fruit or juice. Sample items are below.

Soup: Borscht, mushroom soup, spinach soup, Kharcho

Grains and starches: Mashed potatoes, buckwheat, rice, polenta, pasta, roasted potatoes

Entrees: Chicken (drumsticks, thighs, breast, cutlet), chicken teriyaki, meatballs, sausage, fish in tomato sauce, baked fish fillet, pilaf with meat

Fruits and beverages: Compote, fresh fruit, juice

Menu items vary based on availability, seasonality, and individual dietary needs. Daily menus are posted in our kitchen, along with detailed portion information and allergen lists.