

***Daily cold pack** - juice, low-fat milk, bread, margarine, fruit cup or applesauce

PLEASE NOTE: All food prepared by our caterer, The Orchid, is considered MEAT.
Therefore, the milk is intended for separate consumption.

WEEK OF DECEMBER 4 – DECEMBER 8

HOT

COLD

| | | |
|------------------|--|---|
| Monday | pepper steak rice carrots | egg salad macaroni salad beets |
| Tuesday | meatloaf linguini mixed vegetables | baked flounder shells cucumbers |
| Wednesday | chicken stew noodles zucchini | corned beef chicken sandwich potato salad cole slaw |
| Thursday | sausage & peppers Israeli couscous spinach | quinoa salad w chicken tabouli chick peas |
| Friday | roast chicken knish green beans challah rolls | chopped liver bowties w kasha cherry tomatoes |

Menus are subject to change due to the availability of food items

DAILY ALTERNATIVE ENTREE CHOICES

HOT

beef burger
breaded chicken cutlet
grilled chicken cutlet
roast chicken

COLD

tuna salad
egg salad
chicken salad
flounder

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WEEK OF DECEMBER 11 – DECEMBER 15

HOT

COLD

| | | |
|------------------|---|---|
| Monday | chicken marsala penne green beans | grilled chicken sandwich potato salad cucumbers |
| Tuesday | beef stew noodles spinach | chicken salad bowties chick peas |
| Wednesday | vegetable burger mashed potato zucchini | turkey sandwich tabouli cole slaw |
| Thursday | chicken cacciatore shells mixed vegetables | tuna salad macaroni salad cherry tomatoes |
| Friday | roast chicken mushroom & barley carrots challah roll | gefilte fish pasta beets |

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DAILY ALTERNATIVE ENTREE CHOICES

HOT

beef burger
breaded chicken cutlet
grilled chicken cutlet
roast chicken

COLD

tuna salad
egg salad
chicken salad
flounder

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WEEK OF DECEMBER 18 – DECEMBER 22

HOT

COLD

| | | |
|------------------|---|---|
| Monday | beef w broccoli rice spinach | grilled chicken Caesar salad macaroni salad cherry tomatoes |
| Tuesday | breaded chicken cutlets noodles mixed vegetable | egg salad pasta salad chick peas |
| Wednesday | spaghetti & meatballs In marinara zucchini | baked flounder potato salad greens |
| Thursday | chicken teriyaki couscous carrots | corned beef sandwich orzo cucumbers |
| Friday | roast chicken knish green beans challah roll | chopped liver bowties w kasha cherry tomatoes |

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DAILY ALTERNATIVE ENTREE CHOICES

HOT

beef burger
breaded chicken cutlet
grilled chicken cutlet
roast chicken

COLD

tuna salad
egg salad
chicken salad
flounder

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WEEK OF DECEMBER 25 – DECEMBER 29

HOT

COLD

| | | |
|------------------|---|--|
| Monday | JFS CLOSED FOR CHRISTMAS | |
| Tuesday | brown sauce meatballs potato green beans | quinoa salad w chicken orzo salad |
| Wednesday | beef burgers macaroni zucchini | grilled chicken sandwich potato salad cole slaw |
| Thursday | turkey breast sweet potato mixed vegetables | chicken salad chick peas cherry tomatoes |
| Friday | roast chicken mushroom & barley challah roll carrots | gefilte fish pasta beets |

Menus are subject to change due to the availability of food items

DAILY ALTERNATIVE ENTREE CHOICES

HOT

**beef burger
breaded chicken cutlet
grilled chicken cutlet
roast chicken**

COLD

**tuna salad
egg salad
chicken salad
flounder**