

WEEK OF NOVEMBER 6 – NOVEMBER 10

***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.

HOT

COLD

Monday

chicken stew
rice
carrots

corned beef sandwich
macaroni salad
beets

Tuesday

sausage & peppers
linguini
mixed vegetables

quinoa salad w chicken
shells
cucumbers

Wednesday

chicken marsala
noodles
zucchini

grilled chicken sandwich
potato salad
cole slaw

Thursday

vegetable burger
Israeli couscous
spinach

chicken salad
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

COLD

beef burger
breaded chicken cutlet
grilled chicken cutlet
roast chicken

tuna salad
egg salad
chicken salad
flounder

WEEK OF NOVEMBER 13 – NOVEMBER 17

***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.
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	HOT	COLD
Monday	chicken cacciatore Israeli couscous green beans	turkey sandwich potato salad cucumbers
Tuesday	breaded chicken shells spinach	tuna salad bowties chick peas
Wednesday	spaghetti & meatballs In marinara zucchini	grilled chicken Caesar salad tabouli cole slaw
Thursday	beef burger mashed potato mixed vegetables	baked flounder macaroni salad cherry tomatoes
Friday	roast chicken mushroom & barley carrots challah roll	gefilte fish pasta beets

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

DAILY ALTERNATIVE ENTREE CHOICES

HOT	COLD
beef burger breaded chicken cutlet grilled chicken cutlet roast chicken	tuna salad egg salad chicken salad flounder

WEEK OF NOVEMBER 20 – NOVEMBER 24

***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.
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HOT

COLD

Monday

chicken teriyaki
rice
spinach

corned beef sandwich
macaroni salad
cherry tomatoes

Tuesday

stuffed cabbage
noodles
mixed vegetable

quinoa salad w chicken
potato salad
chick peas

Wednesday

turkey breast
sweet potato
zucchini

grilled chicken sandwich
pasta salad
greens

Thursday

CLOSED FOR THANKSGIVING HOLIDAY

Friday

CLOSED FOR THANKSGIVING HOLIDAY

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

WEEK OF NOVEMBER 27 – DECEMBER 1

***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.
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	HOT	COLD
Monday	grilled chicken Israeli couscous spinach	chicken salad macaroni salad cucumbers
Tuesday	chuck roast potato green beans	turkey sandwich orzo salad
Wednesday	turkey franks macaroni zucchini	tuna salad potato salad cole slaw
Thursday	breaded fish mashed potato mixed vegetables	grilled chicken Caesar 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	COLD
beef burger breaded chicken cutlet grilled chicken cutlet roast chicken	tuna salad egg salad chicken salad flounder

WEEK OF OCTOBER 30 – NOVEMBER 3

***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.

HOT

COLD

Monday	turkey franks Israeli couscous spinach	tuna salad macaroni salad cucumbers
Tuesday	breaded fish potato green beans	grilled chicken Caesar salad orzo salad
Wednesday	pepper steak rice zucchini	chicken salad macaroni salad cole slaw
Thursday	meatloaf mashed potato mixed vegetables	baked flounder 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