

WEEK OF OCTOBER 2 – OCTOBER 6

***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	sausage & peppers rice carrots	corned beef sandwich macaroni salad beets
Tuesday	chicken marsala linguini mixed vegetables	quinoa salad w chicken shells cucumbers
Wednesday	beef stew noodles zucchini	quinoa salad w chicken potato salad cole slaw
Thursday	JFS CLOSED FOR SUKKOT	
Friday	JFS CLOSED FOR SUKKOT	

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

DAILY ALTERNATIVE ENTREE CHOICES

HOT

COLD

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

WEEK OF OCTOBER 9 – OCTOBER 13

***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	vegetable burger Israeli couscous green beans	chicken salad potato salad cucumbers
Tuesday	chicken cacciatore shells spinach	turkey sandwich bowties chick peas
Wednesday	breaded chicken mashed potato zucchini	tuna salad tabouli cole slaw
Thursday	JFS CLOSED FOR SHEMINI ATZERET	
Friday	JFS CLOSED FOR SIMCHAT TORAH	

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 16 – OCTOBER 20

***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	beef w broccoli rice spinach	grilled chicken Caesar salad macaroni salad cherry tomatoes
Tuesday	spaghetti & meatballs in marinara mixed vegetable	egg salad potato salad chick peas
Wednesday	turkey breast sweet potato zucchini	baked flounder pasta salad greens
Thursday	beef burger mashed potato green beans	corned beef sandwich chick peas cucumbers
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

beef burger
breaded chicken cutlet
grilled chicken cutlet
roast chicken

COLD

tuna salad
egg salad
chicken salad
flounder

WEEK OF OCTOBER 23 – OCTOBER 27

***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	stuffed cabbage rice mixed vegetables	quinoa salad w chicken potato salad chick peas
Tuesday	chicken teriyaki Israeli couscous carrots	grilled chicken sandwich tabouli cole slaw
Wednesday	grilled chicken mashed potato zucchini	egg salad shells cucumbers
Thursday	chuck roast noodles spinach	turkey sandwich orzo beets
Friday	roast chicken knish challah roll green beans	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	tuna salad
breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	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