

WEEK OF SEPTEMBER 4 – SEPTEMBER 8

***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

JFS CLOSED FOR LABOR DAY

Tuesday

breaded chicken
potato
mixed vegetables

baked flounder
shells
cucumbers

Wednesday

spaghetti & meatballs
In marinara
zucchini

quinoa salad w chicken
potato salad
cole slaw

Thursday

turkey breast
sweet potato
spinach

corned beef sandwich
tabouli
chick peas

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
breaded chicken cutlet
grilled chicken cutlet
roast chicken

tuna salad
egg salad
chicken salad
flounder

WEEK OF SEPTEMBER 11 – SEPTEMBER 15

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

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HOT

COLD

Monday

stuffed cabbage
penne
green beans

grilled chicken sandwich
potato salad
cucumbers

Tuesday

chicken teriyaki
rice
spinach

tuna salad
bowties
chick peas

Wednesday

chuck roast
mashed potato
zucchini

turkey sandwich
tabouli
cole slaw

Thursday

beef goulash
noodles
mixed vegetables

grilled chicken Caesar salad
macaroni salad
green salad

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 SEPTEMBER 18 – SEPTEMBER 22

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

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HOT

COLD

Monday

grilled chicken
penne
spinach

egg salad
macaroni salad
cherry tomatoes

Tuesday

turkey franks
macaroni
mixed vegetable

baked flounder
potato salad
chick peas

Wednesday

breaded fish
rice
zucchini

corned beef sandwich
pasta salad
greens

Thursday

JFS CLOSED FOR ROSH HASHANAH

Friday

JFS CLOSED FOR ROSH HASHANAH

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 SEPTEMBER 25 – SEPTEMBER 29

***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	pepper steak rice mixed vegetables	quinoa salad w chicken potato salad chick peas
Tuesday	chicken shish kebobs Israeli couscous carrots	grilled chicken sandwich tabouli cole slaw
Wednesday	meatloaf mashed potato zucchini	egg salad shells cucumbers
Thursday	chicken stew noodles spinach	baked flounder 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

beef burger
breaded chicken cutlet
grilled chicken cutlet
roast chicken

COLD

tuna salad
egg salad
chicken salad
flounder