

**\*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 JANUARY 1 – JANUARY 5**

**HOT**

**COLD**

<b>Monday</b>	<b>CLOSED FOR NEW YEAR'S DAY</b>	
<b>Tuesday</b>	stuffed cabbage linguini mixed vegetables	turkey sandwich shells cucumbers
<b>Wednesday</b>	chicken teriyaki noodles zucchini	tuna salad potato salad cole slaw
<b>Thursday</b>	grilled chicken Israeli couscous Spinach	egg salad tabouli chick peas
<b>Friday</b>	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

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**WEEK OF JANUARY 8 – JANUARY 12**

**HOT**

**COLD**

<b>Monday</b>	<b>beef goulash penne carrots</b>	<b>grilled chicken Caesar salad potato salad cucumbers</b>
<b>Tuesday</b>	<b>turkey franks noodles spinach</b>	<b>baked flounder bowties chick peas</b>
<b>Wednesday</b>	<b>breaded fish mashed potato zucchini</b>	<b>corned beef sandwich tabouli cole slaw</b>
<b>Thursday</b>	<b>pepper steak shells mixed vegetables</b>	<b>quinoa salad w chicken macaroni salad beets</b>
<b>Friday</b>	<b>roast chicken knish green beans challah roll</b>	<b>chopped liver bowties w kasha cherry tomatoes</b>

**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 JANUARY 15 – JANUARY 19**

**HOT**

**COLD**

**Monday**

meatloaf  
mashed potato  
spinach

grilled chicken Caesar salad  
macaroni salad  
cherry tomatoes

**Tuesday**

breaded chicken cutlets  
noodles  
mixed vegetable

egg salad  
pasta salad  
chick peas

**Wednesday**

sausage & peppers  
rice  
zucchini

turkey sandwich  
potato salad  
greens

**Thursday**

vegetable burger  
couscous  
green beans

tuna salad  
orzo  
cucumbers

**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 JANUARY 22 – JANUARY 26**

**HOT**

**COLD**

<b>Monday</b>	chicken cacciatore penne spinach	grilled chicken Caesar salad couscous cucumbers
<b>Tuesday</b>	breaded chicken potato carrots	quinoa salad w chicken orzo salad
<b>Wednesday</b>	beef burgers macaroni zucchini	grilled chicken sandwich potato salad cole slaw
<b>Thursday</b>	turkey breast sweet potato mixed vegetables	chicken salad chick peas beets
<b>Friday</b>	roast chicken knish green beans challah roll	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 JANUARY 29 – FEBRUARY 2**

**HOT**

**COLD**

**Monday**

**meatballs in brown sauce  
spaghetti  
zucchini**

**corned beef sandwich  
potato salad  
mixed greens**

**Tuesday**

**turkey breast  
sweet potato  
green beans**

**quinoa salad w chicken  
penne  
cherry tomatoes**

**Wednesday**

**stuffed cabbage  
couscous  
mixed vegetables**

**grilled chicken sandwich  
macaroni salad  
cucumbers**

**Thursday**

**chicken teriyaki  
rice  
spinach**

**chicken salad  
orzo  
cole slaw**

**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**