

***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 FEBRUARY 5 – FEBRUARY 9

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	HOT	COLD
Monday	beef goulash noodles mixed vegetables	baked flounder shells cucumbers
Tuesday	grilled chicken shells zucchini	corned beef sandwich potato salad cole slaw
Wednesday	chuck roast mashed potato spinach	quinoa salad w chicken tabouli chick peas
Tuesday	breaded fish Israeli couscous carrots	grilled chicken sandwich orzo beets
Friday	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	<u>COLD</u>
beef burger	tuna salad
breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	flounder

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WEEK OF FEBRUARY 12 – FEBRUARY 16

	HOT	COLD
Monday	chicken shish kebobs rice green beans	turkey sandwich potato salad cucumbers
Tuesday	turkey franks noodles spinach	tuna salad bowties chick peas
Wednesday	meatloaf mashed potato zucchini	grilled chicken Caesar salad orzo cole slaw
Thursday	chicken stew noodles mixed vegetables	egg salad tabouli beets
Friday	roast chicken mushroom & barley carrots challah roll	gefilte fish pasta beets

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DAILY ALTERNATIVE ENTREE CHOICES

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

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WEEK OF FEBRUARY 19 – FEBRUARY 23

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	HOT	COLD
Monday	chicken marsala mashed potato spinach	baked flounder macaroni salad mixed greens
Tuesday	vegetable burger noodles mixed vegetable	corned beef sandwich pasta salad chick peas
Wednesday	breaded chicken cutlet rice carrots	quinoa salad w chicken potato salad beets
Thursday	spaghetti & meatballs In marinara zucchini	tuna salad 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	COLD
beef burger	tuna salad
breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	flounder

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WEEK OF FEBRUARY 26 – MARCH 2

	HOT	COLD
Monday	turkey breast sweet potato spinach	turkey sandwich couscous cucumbers
Tuesday	stuffed cabbage potato carrots	tuna salad orzo mixed greens
Wednesday	pepper steak rice zucchini	grilled chicken Caesar salad potato salad cole slaw
Thursday	chicken francais penne mixed vegetables	egg salad chick peas cherry tomatoes
Friday	roast chicken mushroom & barley carrots challah roll	gefilte fish pasta beets

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DAILY ALTERNATIVE ENTREE CHOICES

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