

**\*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 APRIL 30 – MAY 4**

	<b>HOT</b>	<b>COLD</b>
<b>Monday</b>	breaded fish Israeli couscous zucchini	grilled chicken Caesar salad potato salad cucumbers
<b>Tuesday</b>	pepper steak rice spinach	egg salad macaroni salad cole slaw
<b>Wednesday</b>	chicken shish kebobs potato mixed vegetables	baked flounder tabouli beets
<b>Thursday</b>	meatloaf mashed potato carrots	grilled chicken sandwich shells chick peas
<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**

<b>HOT</b>	<b>COLD</b>
beef burger	tuna salad
breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	flounder

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**WEEK OF MAY 7 – MAY 11**

	<b>HOT</b>	<b>COLD</b>
<b>Monday</b>	chicken stew potato spinach	turkey sandwich potato salad cole slaw
<b>Tuesday</b>	sausage & peppers rice green beans	tuna salad macaroni salad mixed greens
<b>Wednesday</b>	chicken marsala penne mixed vegetables	grilled chicken Caesar salad orzo cucumbers
<b>Thursday</b>	beef stew noodles zucchini	egg salad tabouli cherry tomatoes
<b>Friday</b>	roast chicken mushroom & barley carrots challah roll	gefilte fish pasta beets

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**DAILY ALTERNATIVE ENTREE CHOICES**

<b>HOT</b>	<b>COLD</b>
beef burger	tuna salad
breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	flounder

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**WEEK OF MAY 14 – MAY 18**

	<b>HOT</b>	<b>COLD</b>
<b>Monday</b>	vegetable burger sweet potato spinach	baked flounder potato salad mixed greens
<b>Tuesday</b>	chicken cacciatore bow ties mixed vegetable	corned beef sandwich macaroni salad cole slaw
<b>Wednesday</b>	beef w broccoli rice carrots	quinoa salad w chicken pasta salad beets
<b>Thursday</b>	breaded chicken noodles zucchini	grilled chicken sandwich orzo cucumbers
<b>Friday</b>	roast chicken knish green beans challah roll	chopped liver bowties w kasha cherry tomatoes

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**DAILY ALTERNATIVE ENTREE CHOICES**

<b>HOT</b>	<b>COLD</b>
beef burger	tuna salad
breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	flounder

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**WEEK OF MAY 21 – MAY 25**

	<b>HOT</b>	<b>COLD</b>
<b>Monday</b>	<b>JFS CLOSED FOR SHAVUOT</b>	
<b>Tuesday</b>	beef burger mashed potato green beans	chicken salad orzo mixed greens
<b>Wednesday</b>	turkey breast sweet potato zucchini	tuna salad potato salad cole slaw
<b>Thursday</b>	chuck roast Israel couscous Mixed vegetables	turkey sandwich tabouli chick peas
<b>Friday</b>	roast chicken mushroom & barley carrots challah roll	gefilte fish pasta beets

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**DAILY ALTERNATIVE ENTREE CHOICES**

<b>HOT</b>	<b><u>COLD</u></b>
beef burger	tuna salad
breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	flounder

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**WEEK OF MAY 28 – JUNE 1**

<b>Monday</b>	<b>JFS CLOSED FOR MEMORIAL DAY</b>	
<b>Tuesday</b>	pepper steak rice carrots	grilled chicken Caesar salad orzo mixed greens
<b>Wednesday</b>	chicken marsala penne mixed vegetables	egg salad potato salad coleslaw
<b>Thursday</b>	spaghetti & meatballs In marinara zucchini	baked flounder tabouli chick peas
<b>Friday</b>	roast chicken knish green beans challah roll	chopped liver bowties w kasha cherry tomatoes

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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