

***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 JUNE 4 – JUNE 8

	HOT	COLD
Monday	beef burger mashed potato zucchini	quinoa salad w chicken pasta salad cucumbers
Tuesday	turkey breast sweet potato green beans	chicken salad macaroni salad cole slaw
Wednesday	stuffed cabbage rice mixed vegetables	tuna salad tabouli cherry tomatoes
Thursday	chicken teriyaki Israel couscous spinach	grilled chicken sandwich shells chick peas
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	tuna salad
breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	flounder

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WEEK OF JUNE 11 – JUNE 15

	HOT	COLD
Monday	beef goulash noodles spinach	grilled chicken Caesar salad tabouli cole slaw
Tuesday	grilled chicken sweet potato zucchini	egg salad macaroni salad mixed greens
Wednesday	chuck roast mashed potato mixed vegetables	baked flounder orzo cucumbers
Thursday	turkey franks rice carrots	corned beef sandwich potato salad beets
Friday	roast chicken knish green beans challah roll	chopped liver bowties w kasha cherry tomatoes

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

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WEEK OF JUNE 18 – JUNE 22

	HOT	COLD
Monday	breaded fish sweet potato spinach	quinoa salad w chicken potato salad mixed greens
Tuesday	pepper steak rice mixed vegetable	grilled chicken sandwich macaroni salad cole slaw
Wednesday	meatloaf mashed potato green beans	chicken salad pasta salad cherry tomatoes
Thursday	chicken stew noodles zucchini	turkey sandwich orzo cucumbers
Friday	roast chicken mushroom & barley carrots challah roll	gefilte fish pasta beets

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

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WEEK OF JUNE 25 – JUNE 29

	HOT	COLD
Monday	chicken marsala angel hair pasta zucchini	tuna salad macaroni salad cole slaw
Tuesday	vegetable burger mashed potato carrots	chicken salad orzo mixed greens
Wednesday	breaded chicken sweet potato spinach	egg salad potato salad cucumbers
Thursday	beef w broccoli rice mxd vegetables	baked flounder tabouli chick peas
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