

**\*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 JULY 2 – JULY 6**

	<b>HOT</b>	<b>COLD</b>
<b>Monday</b>	chicken francais angel hair pasta zucchini	corned beef sandwich potato salad cucumbers
<b>Tuesday</b>	breaded chicken mashed potato green beans	quinoa salad w chicken macaroni salad cole slaw
<b>Wednesday</b>	<b>JFS CLOSED FOR INDEPENDENCE DAY</b>	
<b>Thursday</b>	spaghetti & meatballs In marinara spinach	grilled chicken sandwich shells 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**

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

**\*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 JULY 9 – JULY 13**

	<b>HOT</b>	<b>COLD</b>
<b>Monday</b>	beef burger noodles spinach	chicken salad orzo cole slaw
<b>Tuesday</b>	turkey breast sweet potato zucchini	turkey sandwich macaroni salad mixed greens
<b>Wednesday</b>	stuffed cabbage rice mixed vegetables	tuna salad potato salad cucumbers
<b>Thursday</b>	turkey franks Israeli couscous carrots	grilled chicken Caesar salad tabouli 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**

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

**\*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 JULY 16 – JULY 20**

	<b>HOT</b>	<b>COLD</b>
<b>Monday</b>	grilled chicken mashed potato spinach	egg salad macaroni salad mixed greens
<b>Tuesday</b>	beef goulash noodles mixed vegetable	baked flounder potato salad cole slaw
<b>Wednesday</b>	chuck roast Israeli couscous green beans	corned beef sandwich pasta salad cherry tomatoes
<b>Thursday</b>	turkey franks potato zucchini	quinoa salad w chicken orzo cucumbers
<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**

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

**\*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 JULY 23– JULY 27**

	<b>HOT</b>	<b>COLD</b>
<b>Monday</b>	breaded fish shells zucchini	grilled chicken Caesar salad tabouli cole slaw
<b>Tuesday</b>	pepper steak rice carrots	chicken salad orzo mixed greens
<b>Wednesday</b>	chicken shish kebobs sweet potato spinach	turkey sandwich potato salad cucumbers
<b>Thursday</b>	meatloaf mashed potato mixed vegetables	tuna salad macaroni salad 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