

***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 30 – AUGUST 3

	HOT	COLD
Monday	sausage & peppers potato zucchini	turkey sandwich macaroni salad cucumbers
Tuesday	chicken stew rice green beans	grilled chicken Caesar salad potato salad mixed greens
Wednesday	chicken marsala penne mixed vegetables	egg salad orzo cherry tomatoes
Thursday	vegetable burger mashed potato spinach	baked flounder 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 AUGUST 6 – AUGUST 10

	HOT	COLD
Monday	chicken cacciatore noodles zucchini	corned beef sandwich potato salad cole slaw
Tuesday	breaded chicken sweet potato spinach	quinoa salad w chicken macaroni salad mixed greens
Wednesday	spaghetti & meatballs In marinara mixed vegetables	grilled chicken orzo cucumbers
Thursday	beef burger Israeli couscous carrots	chicken salad tabouli beets
Friday	roast chicken knish green beans challah roll	chopped liver bowties w kasha cherry tomatoes

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grilled chicken cutlet	chicken salad
roast chicken	flounder

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WEEK OF AUGUST 13 – AUGUST 17

	HOT	COLD
Monday	turkey breast sweet potato green beans	tuna salad macaroni salad mixed greens
Tuesday	stuffed cabbage noodles mixed vegetable	turkey sandwich potato salad cole slaw
Wednesday	chicken teriyaki rice spinach	egg salad chick peas cherry tomatoes
Thursday	grilled chicken potato zucchini	corned beef sandwich orzo cucumbers
Friday	roast chicken mushroom & barley carrots challah roll	gefilte fish pasta beets

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HOT	COLD
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breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	flounder

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WEEK OF AUGUST 20 – AUGUST 24

	HOT	COLD
Monday	chuck roast potato carrots	grilled chicken Caesar salad tabouli mixed greens
Tuesday	turkey franks penne zucchini	egg salad macaroni salad cole slaw
Wednesday	breaded fish sweet potato spinach	grilled chicken sandwich pasta salad cucumbers
Thursday	pepper steak rice mixed vegetables	baked flounder potato salad beets
Friday	roast chicken knish green beans challah roll	chopped liver bowties w kasha cherry tomatoes

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WEEK OF AUGUST 27 – AUGUST 31

	HOT	COLD
Monday	beef stew noodles green beans	corned beef sandwich potato salad cole slaw
Tuesday	chicken francais bowties zucchini	quinoa salad w chicken macaroni salad mixed greens
Wednesday	vegetable burger sweet potato mixed vegetables	grilled chicken Caesar pasta salad chick peas
Thursday	beef w broccoli rice spinach	turkey sandwich tabouli cherry tomatoes
Friday	roast chicken mushroom & barley carrots challah roll	gefilte fish pasta beets

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DAILY ALTERNATIVE ENTREE CHOICES

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