

**PLEASE NOTE:** All food prepared by our caterer, The Orchid, is considered MEAT. Therefore, the milk is intended for separate consumption.

**WEEK OF SEPTEMBER 3 – SEPTEMBER 7**

|                  | <b>HOT</b>  | <b>COLD</b>   |
|------------------|---|---|
| <b>Monday</b>    | <b>JFS CLOSED FOR LABOR DAY</b>                       |   |
| <b>Tuesday</b>   | Chicken Francais<br>Rice<br>Carrots                   | Tuna Salad<br>Potato Salad<br>Mixed Greens          |
| <b>Wednesday</b> | Breaded Chicken<br>Penne<br>Mixed Vegetables          | Grilled Chicken Caesar Salad<br>Orzo<br>Beets       |
| <b>Thursday</b>  | Spaghetti & Meatballs<br>In Marinara<br>Zucchini      | Egg Salad<br>Shells<br>Chick Peas                   |
| <b>Friday</b>    | Roast Chicken<br>Knish<br>Green Beans<br>Challah Roll | Chopped Liver<br>Bowties W Kasha<br>Cherry Tomatoes |



**Menus are subject to change due to the availability of food items**

**DAILY ALTERNATIVE ENTREE CHOICES**

**HOT**

Beef Burger  
Breaded Chicken Cutlet  
Grilled Chicken Cutlet  
Roast Chicken

**COLD**

Tuna Salad  
Egg Salad  
Chicken Salad  
Flounder

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**WEEK OF SEPTEMBER 10 – SEPTEMBER 14**

|                  | <b>HOT</b>  | <b>COLD</b>   |
|------------------|---|---|
| <b>Monday</b>    | <b>JFS CLOSED FOR ROSH HASHANAH</b>                           |   |
| <b>Tuesday</b>   | <b>JFS CLOSED FOR ROSH HASHANAH</b>                           |   |
| <b>Wednesday</b> | Beef Burger<br>Mashed Potato<br>Mixed Vegetables              | Baked Flounder<br>Orzo<br>Cucumbers                 |
| <b>Thursday</b>  | Turkey Breast<br>Sweet Potato<br>Green Beans                  | Corned Beef Sandwich<br>Macaroni Salad<br>Cole Slaw |
| <b>Friday</b>    | Roast Chicken<br>Mushroom & Barley<br>Carrots<br>Challah Roll | Gefilte Fish<br>Pasta<br>Beets                      |

*L' Shanah Tovah  
Have a sweet year!*



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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

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**WEEK OF SEPTEMBER 17 – SEPTEMBER 21**

|                  | <b>HOT</b>  | <b>COLD</b>   |
|------------------|---|---|
| <b>Monday</b>    | Stuffed Cabbage<br>Rice<br>Carrots                    | Quinoa Salad W Chicken<br>Pasta Salad<br>Chick Peas |
| <b>Tuesday</b>   | Chicken Teriyaki<br>Penne<br>Mixed Vegetables         | Grilled Chicken<br>Potato Salad<br>Cole Slaw        |
| <b>Wednesday</b> | <b>JFS CLOSED FOR YOM KIPPUR</b>                      |   |
| <b>Thursday</b>  | Grilled Chicken<br>Sweet Potato<br>Zucchini           | Turkey Sandwich<br>Orzo<br>Cucumbers                |
| <b>Friday</b>    | Roast Chicken<br>Knish<br>Green Beans<br>Challah Roll | Chopped Liver<br>Bowties W Kasha<br>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

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**WEEK OF SEPTEMBER 24 – SEPTEMBER 28**

**HOT**

**COLD**

**Monday** JFS CLOSED FOR SUKKOT

**Tuesday** JFS CLOSED FOR SUKKOT

**Wednesday** Chuck Roast  
Mashed Potato  
Zucchini

Chicken Salad  
Macaroni Salad  
Cucumbers

**Thursday** Turkey Franks  
Rice  
Mixed Vegetables

Tuna Salad  
Potato Salad  
Greens18

**Friday** Roast Chicken  
Mushroom & Barley  
Carrots  
Challah Roll

Gefilte Fish  
Pasta  
Beets



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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