

***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 OCTOBER 1 – OCTOBER 5

	HOT	COLD
Monday	JFS CLOSED FOR SHEMINI ATZERET	
Tuesday	JFS CLOSED FOR SIMCHAT TORAH	
Wednesday	Breaded Fish Penne Mixed Vegetables	Grilled Chicken Caesar Salad Orzo Beets
Thursday	Pepper Steak Rice Carrots	Egg Salad Shells Chick Peas
Friday	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

HOT	<u>COLD</u>
Beef Burger	Tuna Salad
Breaded Chicken Cutlet	Egg Salad
Grilled Chicken Cutlet	Chicken Salad
Roast Chicken	Flounder

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WEEK OF OCTOBER 8 – OCTOBER 12

	HOT	COLD
Monday	Chicken Shish Kebobs Rice Green Beans	Baked Flounder Orzo Cucumbers
Tuesday	Meatloaf Mashed Potato Mixed Vegetables	Grilled Chicken Sandwich Macaroni Salad Cole Slaw
Wednesday	Chicken Stew Noodles Zucchini	Corned Beef Sandwich Potato Salad Mixed Greens
Thursday	Sausage & Peppers Penne Spinach	Quinoa Salad W Chicken Pasta Salad Chick Peas
Friday	Roast Chicken Mushroom & Barley Carrots Challah Roll	Gefilte Fish Pasta Beets

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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

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WEEK OF OCTOBER 15 – OCTOBER 19

	HOT	COLD
Monday	Chicken Marsala Bowties Mixed Vegetables	Chicken Salad Potato Salad Cole Slaw
Tuesday	Vegetable Burger Mashed Potato Green Beans	Turkey Sandwich Orzo Cherry Tomatoes
Wednesday	Beef W Broccoli Rice Zucchini	Tuna Salad Macaroni Salad Mixed Greens
Thursday	Beef Stew Noodles Spinach	Grilled Chicken Caesar Salad Bowties Cucumbers
Friday	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

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WEEK OF OCTOBER 22– OCTOBER 26

	HOT	COLD
Monday	Breaded Chicken Cutlets Bowties Mixed Vegetables	Egg Salad Potato Salad Cole Slaw
Tuesday	Spaghetti & Meatballs In Marinara Zucchini	Baked Flounder Orzo Cherry Tomatoes
Wednesday	Chicken Francais Penne Green Beans	Corned Beef Sandwich Macaroni Salad Mixed Greens
Thursday	Beef Burger Mashed Potato Spinach	Quinoa Salad W Chicken Bowties Cucumbers
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

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WEEK OF OCTOBER 29– NOVEMBER 2

	HOT	COLD
Monday	Turkey Breast Sweet Potato Mixed Vegetables	Grilled Chicken Sandwich Macaroni Salad Cole Slaw
Tuesday	Stuffed Cabbage Rice Zucchini	Turkey Sandwich Orzo Cucumbers
Wednesday	Grilled Chicken Penne Carrots	Chicken Salad Potato Salad Mixed Greens
Thursday	Chuck Roast Mashed Potato Spinach	Tuna Salad Bowties 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