

***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 NOVEMBER 5 – NOVEMBER 9



HOT

COLD

Monday

Turkey Franks
Rice
Zucchini

Grilled Chicken Caesar
Orzo
Carrots

Tuesday

Breaded Fish
Penne
Mixed Vegetables

Egg Salad
Shells
Chick Peas

Wednesday

Pepper Steak
Rice
Carrots

Baked Flounder
Pasta Salad
Cucumbers

Thursday

Meatloaf
Mashed Potato
Spinach

Corned Beef Sandwich
Potato Salad
Cole Slaw

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

Beef Burger
Breaded Chicken Cutlet
Grilled Chicken Cutlet
Roast Chicken

COLD

Tuna Salad
Egg Salad
Chicken Salad
Flounder

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WEEK OF NOVEMBER 12 – NOVEMBER 16

	HOT	COLD
Monday	Chicken Stew Rice Green Beans	Quinoa Salad W Chicken Orzo Cucumbers
Tuesday	Sausage & Peppers Mashed Potato Mixed Vegetables	Grilled Chicken Sandwich Macaroni Salad Cole Slaw
Wednesday	Chicken Marsala Penne Zucchini	Chicken Salad Potato Salad Mixed Greens
Thursday	Vegetable Burger Potato Spinach	Turkey Sandwich Pasta Salad 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	<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 NOVEMBER 19 – NOVEMBER 23

	HOT	COLD
Monday	Breaded Chicken Mashed Potato Carrots	Tuna Salad Potato Salad Cole Slaw
Tuesday	Spaghetti & Meatballs In Marinara Mixed Vegetables	Grilled Chicken Caesar Salad Orzo Cherry Tomatoes
Wednesday	Turkey Breast Sweet Potato Green Beans	Chicken Salad Macaroni Salad Beets
Thursday	CLOSED FOR THANKSGIVING DAY	
		
Friday	CLOSED FOR THANKSGIVING HOLIDAY	

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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 NOVEMBER 26 – NOVEMBER 30

	HOT	COLD
Monday	Chicken Francais Penne Zucchini	Egg Salad Macaroni Salad Mixed Greens
Tuesday	Stuffed Cabbage Orzo Mixed Vegetables	Quinoa Salad W Chicken Potato Salad Cole Slaw
Wednesday	Chicken Teriyaki Rice Green Beans	Grilled Chicken Sandwich Pasta Salad Cucumbers
Thursday	Grilled Chicken Mashed Potato Spinach	Corned Beef Sandwich Bowties Cherry Tomatoes
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	<u>COLD</u>
Beef Burger	Tuna Salad
Breaded Chicken Cutlet	Egg Salad
Grilled Chicken Cutlet	Chicken Salad
Roast Chicken	Flounder