

***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 MARCH 4 – MARCH 8



HOT

COLD

Monday

Spaghetti & Meatballs
In Marinara
Zucchini

Egg Salad
Orzo
Cherry Tomatoes

Tuesday

Beef Burger
Mashed Potato
Zucchini

Baked Flounder
Macaroni Salad
Cole Slaw

Wednesday

Grilled Chicken
Sweet Potato
Green Beans

Corned Beef Sandwich
Shells
Cucumbers

Thursday

Stuffed Cabbage
Rice
Mixed Vegetables

Quinoa W Chicken
Potato Salad
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

Beef Burger
Breaded Chicken Cutlet
Grilled Chicken Cutlet
Roast Chicken

COLD

Tuna Salad
Egg Salad
Chicken Salad
Flounder

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WEEK OF MARCH 11 – MARCH 15

	HOT	COLD
Monday	Turkey Breast Sweet Potato Spinach	Grilled Chicken Sandwich Orzo Beets
Tuesday	Chicken Teriyaki Rice Mixed Vegetables	Chicken Salad Macaroni Salad Cole Slaw
Wednesday	Chuck Roast Mashed Potato Zucchini	Turkey Sandwich Potato Salad Mixed Greens
Thursday	Turkey Franks Noodles Carrots	Tuna Salad 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 MARCH 18 – MARCH 22

	HOT	COLD
Monday	Breaded Fish Mashed Potato Broccoli	Grilled Chicken Caesar Salad Potato Salad Cole Slaw
Tuesday	Pepper Steak Rice Green Beans	Egg Salad Orzo Chick Peas
Wednesday	Meatloaf Mashed Potato Mixed Vegetables	Baked Flounder Macaroni Salad Cherry Tomatoes
Thursday	Chicken Stew Noodles Zucchini	Corned Beef Sandwich Pasta Salad Cucumbers
Friday	Roast Chicken Mushroom & Barley Carrots Challah Roll	Gefilte Fish Pasta Beets

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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 MARCH 25 – MARCH 29

	HOT	COLD
Monday	Sausage & Peppers Rice Zucchini	Quinoa W Chicken Macaroni Salad Mixed Greens
Tuesday	Chicken Marsala Penne Mixed Vegetables	Grilled Chicken Sandwich Tabouli Chick Peas
Wednesday	Beef Stew Noodles Carrots	Chicken Salad Pasta Salad Cucumbers
Thursday	Vegetable Burger Orzo Spinach	Turkey Sandwich Potato Salad Beets
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