

***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 APRIL 29 – MAY 3



HOT

COLD

Monday	FROZEN MEALS ONLY AFTER PASSOVER	
Tuesday	Meatloaf Mashed Potato Green Beans	Tuna Salad Orzo Chick Peas
Wednesday	Chicken Stew Israeli Couscous Mixed Vegetables	Grilled Chicken Caesar Macaroni Salad Cucumbers
Thursday	Chicken Marsala Penne Zucchini	Egg Salad Pasta Salad 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

Beef Burger
 Breaded Chicken Cutlet
 Grilled Chicken Cutlet
 Roast Chicken

COLD

Tuna Salad
 Egg Salad
 Chicken Salad
 Flounder

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WEEK OF MAY 6 – MAY 10

	HOT	COLD
Monday	Beef Stew Noodles Mixed Vegetables	Baked Flounder Orzo Beets
Tuesday	Vegetable Burger Rice Peas	Corned Beef Sandwich Macaroni Salad Cole Slaw
Wednesday	Chicken Cacciatore Penne Zucchini	Quinoa Salad W Chicken Shells Cucumbers
Thursday	Breaded Chicken Bowties Carrots	Grilled Chicken Salad Potato Salad 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 MAY 13 – MAY 17

	HOT	COLD
Monday	Spaghetti & Meatballs In Marinara Zucchini	Chicken Salad Macaroni Salad Cole Slaw
Tuesday	Turkey Breast Sweet Potato Mixed Vegetables	Tuna Salad Bowties Cucumbers
Wednesday	Stuffed Cabbage Noodles Green Beans	Turkey Sandwich Potato Salad Mixed Greens
Thursday	Grilled Chicken Rice Spinach	Egg Salad 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	<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 MAY 20 – MAY 24

	HOT	COLD
Monday	Chuck Roast Mashed Potato Broccoli	Baked Flounder Macaroni Salad Chick Peas
Tuesday	Breaded Fish Orzo Carrots	Corned Beef Sandwich Potato Salad Cole Slaw
Wednesday	Meatloaf Israeli Couscous Mixed Vegetables	Quinoa Salad W Chicken Shells Beets
Thursday	Chicken Stew Noodles Zucchini	Grilled Chicken Sandwich Pasta Salad Cucumbers
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 MAY 27 – MAY 31

HOT

COLD

Monday

NO DELIVERY—JFS CLOSED FOR MEMORIAL DAY

Tuesday

Beef Burger
Mashed Potato
Green Beans

Chicken Salad
Pasta Salad
Cole Slaw

Wednesday

Pepper Steak
Rice
Mixed Vegetables

Turkey Sandwich
Potato Salad
Cucumbers

Thursday

Turkey Franks
Shells
Zucchini

Tuna Salad
Macaroni Salad
Mixed Greens

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