

***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 JUNE 3 – JUNE 7

	HOT	COLD
Monday	Breaded Fish	Grilled Chicken
Caesar Salad	Noodles	Orzo
	Mixed Vegetables	Beets
Tuesday	Pepper Steak	Egg Salad
	Rice	Macaroni Salad
	Peas	Chick Peas
Wednesday	Chicken Shish Kebobs	Baked Flounder
	Penne	Shells
	Zucchini	Cucumbers
Thursday	Meatloaf	Corned Beef Sandwich
	Mashed Potato	Potato Salad
	Carrots	Cole Slaw
Friday	Roast Chicken	Chopped Liver
	Knish	Bowties W Kasha
	Green Beans	Cherry Tomatoes
	Challah Roll	



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 JUNE 10 – JUNE 14

HOT

COLD

Monday **JFS CLOSED FOR SHAVUOT**

Tuesday	Chicken Stew Rice Mixed Vegetables	Quinoa Salad W Chicken Bowties Cucumbers
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Wednesday	Sausage And Peppers Noodles Green Beans	Grilled Chicken Sandwich Potato Salad Mixed Greens
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Thursday	Chicken Marsala Sweet Potato Spinach	Chicken Salad Pasta Salad Cherry Tomatoes
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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 JUNE 17 – JUNE 21

	HOT	COLD
Monday	Beef Stew Noodles Broccoli	Turkey Sandwich Macaroni Salad Chick Peas
Tuesday	Vegetable Burger Mashed Potato Carrots	Tuna Salad Orzo Cole Slaw
Wednesday	Chicken Cacciatore Rice Mixed Vegetables	Grilled Chicken Caesar Salad Shells Beets
Thursday	Beef W Broccoli Bowties Zucchini	Egg Salad Potato Salad Cucumbers
Friday	Roast Chicken Knish Green Beans Challah Roll	Chopped Liver Bowties W Kasha Cherry Tomatoes

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beef burger	tuna salad
breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	flounder

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WEEK OF JUNE 24 – JUNE 28

	HOT	COLD
Monday	Spaghetti & Meatballs In Marinara Zucchini	Baked Flounder Shells Cherry Tomatoes
Tuesday	Chicken Francais Bowties Green Beans	Corned Beef Sandwich Chick Peas Cole Slaw
Wednesday	Breaded Chicken Rice Mixed Vegetables	Quinoa Salad W Chicken Potato Salad Cucumbers
Thursday	Beef Burger Potato Spinach	Grilled Chicken Caesar 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	<u>COLD</u>
beef burger	tuna salad
breaded chicken cutlet	egg salad
grilled chicken cutlet	chicken salad
roast chicken	flounder