

***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 SEPTEMBER 30 – OCTOBER 4

HOT

COLD

Monday

JFS CLOSED FOR ROSH HASHANAH

Tuesday

JFS CLOSED FOR ROSH HASHANAH

Wednesday

Chicken Cacciatori
Penne
Zucchini

Quinoa Salad W Chicken
Potato Salad
Chick Peas

Thursday

Beef Burger
Mashed Potato
Mixed Vegetables

Grilled Chicken Sandwich
Shells
Carrots

Friday

Roast Chicken
Knish
Green Beans

Chopped Liver
Bowties W Kasha
Cherry Tomatoes

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 October 7 – October 11

Hot

Cold

Monday

Vegetable Burger
Potato
Green Beans

Chicken Salad
Orzo
Chick Peas

Tuesday

Breaded Chicken
Rice
Mixed Vegetables

Turkey Sandwich
Macaroni Salad
Cole Slaw

Wednesday

Jfs Closed For Yom Kippur

Thursday

Spaghetti & Meatballs
In Marinara
Zucchini

Tuna Salad
Pasta Salad
Cucumbers

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 October 14 – October 18

	Hot	Cold
Monday	Jfs Closed For Sukkot	
Tuesday	Jfs Closed For Sukkot	
Wednesday	Beef Burger Potato Mixed Vegetables	Grilled Chicken Caesar Salad Orzo Cole Slaw
Thursday	Turkey Breast Sweet Potato Zucchini	Egg Salad Bowties Chick Peas
Friday	Roast Chicken Knish Green Beans	Chopped Liver Bowties W Kasha Cherry Tomatoes

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 October 21 – October 25

	Hot	Cold
Monday	Jfs Closed For Shemini Atzeret	
Tuesday	Jfs Closed For Simchat Torah	
Wednesday	Stuffed Cabbage Noodles Green Beans	Baked Flounder Potato Salad Cucumbers
Thursday	Chicken Teriyaki Rice Spinach	Corned Beef Macaroni 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 October 28 – November 1

	Hot	Cold
Monday	Breaded Fish Shells Carrots	Quinoa Salad W Chicken Potato Salad Mixed Greens
Tuesday	Chuck Roast Mashed Potato Mixed Vegetables	Grilled Chicken Sandwich Chick Peas Beets
Wednesday	Grilled Chicken Israeli Couscous Spinach	Turkey Sandwich Pasta Salad Cucumbers
Thursday	Pepper Steak Rice Zucchini	Tuna Salad Macaroni Salad Cole Slaw
Friday	Roast Chicken Knish Green Beans	Chopped Liver Bowties W Kasha Cherry Tomatoes

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