

***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 2 – SEPTEMBER 6

HOT

COLD

Monday

JFS CLOSED FOR LABOR DAY

Tuesday

Turkey Breast
Sweet Potato
Peas

Grilled Chicken Sandwich
Macaroni Salad
Cole Slaw

Wednesday

Stuffed Cabbage
Noodles
Zucchini

Egg Salad
Potato Salad
Chick Peas

Thursday

Chicken Teriyaki
Rice
Spinach

Baked Flounder
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 SEPTEMBER 9 – SEPTEMBER 13

	HOT	COLD
Monday	Beef Goulash Noodles Green Beans	Quinoa Salad W Chicken Orzo Chick Peas
Tuesday	Grilled Chicken Rice Mixed Vegetables	Corned Beef Sandwich Macaroni Salad Cole Slaw
Wednesday	Chuck Roast Mashed Potato Zucchini	Grilled Chicken Sandwich Potato Salad Cherry Tomatoes
Thursday	Turkey Franks Potato Spinach	Chicken 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 SEPTEMBER 16 – SEPTEMBER 20

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

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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 SEPTEMBER 23 – SEPTEMBER 27

	HOT	COLD
Monday	Chicken Stew Rice Mixed Vegetables	Baked Flounder Shells Cherry Tomatoes
Tuesday	Sausage & Peppers Penne Zucchini	Quinoa Salad W Chicken Chick Peas Cole Slaw
Wednesday	Chicken Marsala Bowties Green Beans	Kani Salad (Imitation Crabmeat) New! Potato Salad Cucumbers
Thursday	Vegetable Burger Sweet Potato Spinach	Corned Beef Macaroni Salad Mixed Greens
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