

*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 DECEMBER 2 – DECEMBER 6

	Hot	Cold
Monday	Grilled Chicken Noodles Spinach	Corned Beef Sandwich Potato Salad Cole Slaw
Tuesday	Chuck Roast Mashed Potato Carrots	Quinoa Salad W Chicken Orzo Mixed Greens
Wednesday	Turkey Franks Rice Zucchini	Grilled Chicken Sandwich Pasta Salad Beets
Thursday	Breaded Fish Potato Mixed Vegetables	Kana Salad (Imitation Crabmeat) Macaroni 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

Beef Burger
Breaded Chicken Cutlet
Grilled Chicken Cutlet
Roast Chicken

COLD

Tuna Salad
Egg Salad
Chicken Salad
Flounder

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WEEK OF DECEMBER 9 – DECEMBER 13

	Hot	Cold
Monday	Pepper Steak Rice Green Beans	Chicken Salad Orzo Chick Peas
Tuesday	Chicken Shish Kebabs Noodles Mixed Vegetables	Turkey Sandwich Potato Salad Cole Slaw
Wednesday	Meatloaf Mashed Potato Spinach	Tuna Salad Shells Cherry Tomatoes
Thursday	Chicken Stew Couscous Zucchini	Egg 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 DECEMBER 16 –DECEMBER 20

	Hot	Cold
Monday	Sausage & Peppers Rice Mixed Vegetables	Baked Flounder Shells Beets
Tuesday	Chicken Marsala Angel Hair Pasta Zucchini	Corned Beef Sandwich Potato Salad Cole Slaw
Wednesday	Beef Stew Noodles Carrots	Quinoa Salad W Chicken Orzo Cole Slaw
Thursday	Vegetable Burger Sweet Potato Broccoli	Grilled Chicken Sandwich Bowties 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

Beef Burger
Breaded Chicken Cutlet
Grilled Chicken Cutlet
Roast Chicken

COLD

Tuna Salad
Egg Salad
Chicken Salad
Flounder

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WEEK OF DECEMBER 23 – DECEMBER 27

	Hot	Cold
Monday	Chicken Cacciatore Rice Green Beans	Turkey Sandwich Potato Salad Cucumbers
Tuesday	Breaded Chicken Israeli Couscous Mixed Vegetables	Grilled Vegetable Wrap Chick Peas Cherry Tomatoes
Wednesday	JFS Closed For Christmas	
Thursday	Spaghetti & Meatballs In Marinara Zucchini	Tuna Salad Macaroni Salad Cole Slaw
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 DECEMBER 30 – JANUARY 3

	Hot	Cold
Monday	Beef Burger Mashed Potato Carrots	Egg Salad Macaroni Salad Cucumbers
Tuesday	Turkey Breast Sweet Potato Mixed Vegetables	Grilled Chicken Caesar Salad Potato Salad Beets
Wednesday	JFS Closed For New Year's Day	
Thursday	Stuffed Cabbage Rice Zucchini	Quinoa Salad W Chicken Orzo Cole Slaw
Friday	Roast Chicken Knish Green Beans Challah Roll	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