

*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 NOVEMBER 4 – NOVEMBER 8

	HOT	COLD
Monday	Chicken Shish Kebobs Noodles Spinach	Grilled Chicken Caesar Salad Chick Peas Cherry Tomatoes
Tuesday	Meatloaf Mashed Potato Green Beans	Egg Salad Orzo Mixed Greens
Wednesday	Chicken Stew Rice Zucchini	Corned Beef Sandwich Potato Salad Cole Slaw
Thursday	Sausage & Peppers Mashed Potato Mixed Vegetables	Grilled Chicken Sandwich Macaroni 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 NOVEMBER 11 – NOVEMBER 15

	HOT	COLD
Monday	Chicken Marsala Penne Carrots	Quinoa Salad W Chicken Orzo Chick Peas
Tuesday	Beef Stew Noodles Mixed Vegetables	Grilled Chicken Sandwich Potato Salad Cole Slaw
Wednesday	Vegetable Burger Potato Spinach	Chicken Salad Pasta Salad Beets
Thursday	Beef W Broccoli Rice Zucchini	Grilled Vegetable Wrap Pasta Salad Cucumbers
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 NOVEMBER 18 – NOVEMBER 22

	HOT	COLD
Monday	Breaded Chicken Penne Green Beans	Kani Salad (Imitation Crabmeat) Shells Cherry Tomatoes
Tuesday	Spaghetti & Meatballs In Marinara Zucchini	Turkey Sandwich Potato Salad Mixed Greens
Wednesday	Beef Burger Mashed Potato Mixed Vegetables	Tuna Salad Orzo Cole Slaw
Thursday	Turkey Breast Sweet Potato Broccoli	Grilled Chicken Caesar Salad Bowties Chick Peas
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 NOVEMBER 25 – NOVEMBER 29

	HOT	COLD
Monday	Stuffed Cabbage Noodles Green Beans	Egg Salad Potato Salad Cucumbers
Tuesday	Grilled Chicken Israeli Couscous Carrots	Corned Beef Sandwich Macaroni Salad Cole Slaw
Wednesday	Beef Goulash Rice Mixed Vegetables	Baked Flounder Chick Peas Beets
Thursday	JFS CLOSED FOR THANKSGIVING	
Friday	JFS CLOSED FOR THANKSGIVING	



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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