

*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 JANUARY 6 – JANUARY 10

	Hot	Cold
Monday	Chicken Teriyaki Rice Mixed Vegetables	Turkey Sandwich Potato Salad Cole Slaw
Tuesday	Grilled Chicken Israeli Couscous Spinach	Tuna Salad Macaroni Salad Cucumbers
Wednesday	Beef Burger Noodles Green Beans	Grilled Chicken Caesar Salad Mixed Greens Chick Peas
Thursday	Breaded Fish Sweet Potato Zucchini	Egg Salad Shells Cherry Tomatoes
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

***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 JANUARY 13 – JANUARY 17

	Hot	Cold
Monday	Breaded Chicken Rice Zucchini	Baked Flounder Pasta Salad Beets
Tuesday	Meatloaf Mashed Potato Mixed Vegetables	Corned Beef Sandwich Potato Salad Cole Slaw
Wednesday	Chicken Stew Noodles Cauliflower	Quinoa Salad W Chicken Orzo Cucumbers
Thursday	Sausage & Peppers Potato Carrots	Grilled Chicken Sandwich Shells Mixed Greens
Friday	Roast Chicken Knish Green Beans Challah Rolls	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

***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 JANUARY 20 – JANUARY 24

	Hot	Cold
Monday	Chicken Shish Kebabs Orzo Mixed Vegetables	Grilled Vegetable Wrap Potato Salad Cole Slaw
Tuesday	Breaded Fish Noodles Zucchini	Kana Salad (Imitation Crabmeat) Shells Cucumbers
Wednesday	Vegetable Burger Mashed Potato Spinach	Chicken Salad Macaroni Salad Mixed Greens
Thursday	Grilled Chicken Penne Green Beans	Turkey Sandwich Chick Peas Cherry Tomatoes
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

***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 JANUARY 27 – JANUARY 31

	Hot	Cold
Monday	Breaded Chicken Sweet Potato Spinach	Tuna Salad Macaroni Salad Cole Slaw
Tuesday	Spaghetti & Meatballs In Marinara Zucchini	Grilled Chicken Caesar Salad Potato Salad Beets
Wednesday	Chicken Stew Rice Carrots	Egg Salad Shells Mixed Greens
Thursday	Chicken Shish Kebobs Mashed Potato Mixed Vegetables	Baked Flounder Orzo Cucumbers
Friday	Roast Chicken Knish Green Beans Challah Rolls	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