

***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 MARCH 2 – MARCH 6

	Hot	Cold
Monday	chicken teriyaki rice zucchini	turkey sandwich macaroni salad cucumbers
Tuesday	grilled chicken Israeli couscous mixed vegetables	tuna salad potato salad cole slaw
Wednesday	turkey franks bowties green beans	grilled chicken Caesar salad mixed greens chick peas
Thursday	breaded fish mashed potato cauliflower	egg salad orzo 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

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WEEK OF MARCH 9 – MARCH 13

	Hot	Cold
Monday	chicken shish kebobs shells carrots	baked flounder chick peas beets
Tuesday	meatloaf sweet potato mixed vegetables	corned beef sandwich potato salad cole slaw
Wednesday	chicken stew rice zucchini	quinoa salad w chicken macaroni salad cucumbers
Thursday	sausage & peppers couscous spinach	grilled chicken sandwich shells mixed greens
Friday	roast chicken knish green beans challah rolls	chopped liver bowties w kasha cherry tomatoes

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HOT

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Breaded Chicken Cutlet
Grilled Chicken Cutlet
Roast Chicken

COLD

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Egg Salad
Chicken Salad
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WEEK OF MARCH 16 – MARCH 20

	Hot	Cold
Monday	chicken marsala penne zucchini	grilled vegetable wrap macaroni salad cole slaw
Tuesday	vegetable burger shells cauliflower	kana salad (imitation crabmeat) orzo mixed greens
Wednesday	breaded chicken mashed potato mixed vegetables	chicken salad potato salad cucumbers
Thursday	spaghetti & meatballs In marinara green beans	turkey sandwich peas cherry tomatoes
Friday	roast chicken mushroom & barley carrots challah roll	gefilte fish pasta beets

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HOT

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Grilled Chicken Cutlet
Roast Chicken

COLD

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Egg Salad
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WEEK OF MARCH 23 – MARCH 27

	Hot	Cold
Monday	beef burger mashed potato zucchini	tuna salad macaroni salad beets
Tuesday	turkey breast sweet potato mixed vegetables	grilled chicken Caesar salad orzo chick peas
Wednesday	stuffed cabbage Israeli couscous carrots	egg salad shells mixed greens
Thursday	chicken teriyaki rice spinach	baked flounder potato salad cucumbers
Friday	roast chicken knish green beans challah rolls	chopped liver bowties w kasha cherry tomatoes

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Roast Chicken

COLD

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WEEK OF MARCH 30 – APRIL 3

	Hot	Cold
Monday	grilled chicken potato green beans	corned beef sandwich macaroni salad cole slaw
Tuesday	breaded fish sweet potato mixed vegetables	quinoa salad w chicken bowties cherry tomatoes
Wednesday	turkey franks rice mixed vegetables	grilled chicken sandwich potato salad cucumbers
Thursday	meatloaf mashed potato spinach	grilled vegetable wrap orzo mixed greens
Friday	roast chicken mushroom & barley carrots challah roll	gefilte fish pasta beets

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Breaded Chicken Cutlet
Grilled Chicken Cutlet
Roast Chicken

COLD

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Egg Salad
Chicken Salad
Flounder