

**\*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 1 – NOVEMBER 5**

	<b>Hot</b>	<b>Cold</b>
<b>Monday</b>	<b>spaghetti &amp; meatballs</b> In marinara green beans	grilled chicken Caesar salad potato salad cucumbers
<b>Tuesday</b>	<b>imitation crabcakes</b> penne mixed vegetables	egg salad chick peas cherry tomatoes
<b>Wednesday</b>	turkey breast sweet potato peas	corned beef sandwich macaroni salad cole slaw
<b>Thursday</b> (delivered Wed)	grilled chicken rice pilaf corn	baked fish pasta salad carrot sticks
<b>Friday</b>	roast chicken kugel carrots challah roll	gefilte fish pasta beets



**Menus are subject to change due to the availability of food items**

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**WEEK OF NOVEMBER 8 – NOVEMBER 12**

	<b>Hot</b>	<b>Cold</b>
<b>Monday</b>	<b>breaded fish</b> potato mixed vegetables	quinoa salad w chicken macaroni salad cucumbers
<b>Tuesday</b> (delivered Mon)	<b>stuffed cabbage</b> orzo peas	grilled vegetable wrap potato salad cole slaw
<b>Wednesday</b>	turkey meatloaf rice pilaf carrots	kana salad (imitation crabmeat) chick peas beets
<b>Thursday</b> (delivered Wed)	pareve eggplant parm penne peas & carrots	fish taco couscous corn
<b>Friday</b>	roast chicken stuffing green beans challah roll	chopped liver bowties w kasha cherry tomatoes

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**WEEK OF NOVEMBER 15 – NOVEMBER 19**

	<b>Hot</b>	<b>Cold</b>
<b>Monday</b>	chicken marsala angel hair peas	chicken salad potato salad cole slaw
<b>Tuesday</b> (delivered Mon)	<b>lentil stew</b> couscous mixed vegetables	turkey sandwich pasta salad cucumbers
<b>Wednesday</b>	<b>beef burger</b> mashed potato peas & carrots	tuna salad orzo beets
<b>Thursday</b> (delivered Wed)	baked fish rice pilaf corn	grilled chicken Caesar salad macaroni salad chick peas
<b>Friday</b>	roast chicken kugel carrots challah roll	white bean salad w roasted veggies couscous cherry tomatoes



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**WEEK OF NOVEMBER 22 – NOVEMBER 26**

	<b>Hot</b>	<b>Cold</b>
<b>Monday</b>	<b>breaded fish</b> rice carrots	egg salad potato salad cucumbers
<b>Tuesday</b> (delivered Mon)	<b>salisbury steak</b> mashed potato mixed vegetables	grilled chicken sandwich orzo chick peas
<b>Wednesday</b>	breaded chicken cutlets bowties peas	corned beef sandwich macaroni salad cole slaw
<b>Thursday</b> (delivered Wed)	turkey breast rice pilaf green beans	tuna salad bowties beets
<b>Friday</b>	<b>CLOSED FOR THANKSGIVING HOLIDAY—use shelf stable</b>	

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