

**\*Daily cold pack** - low-fat milk, bread, fresh fruit, 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 31 – FEBRUARY 4**

	<b>Hot</b>	<b>Cold</b>
<b>Monday</b>	breaded chicken cutlets brown rice green beans	kana salad potato salad beets
<b>Tuesday</b> (delivered Mon)	<b>spaghetti &amp; meatballs</b> in marinara peas	chicken salad pasta salad cherry tomatoes
<b>Wednesday</b>	<b>pareve eggplant parm</b> shells mixed vegetables	turkey sandwich macaroni salad cole slaw
<b>Thursday</b> (delivered Wed)	turkey meatloaf mashed potato corn	fish taco chick peas carrot sticks
<b>Friday</b>	roast chicken kugel carrots challah roll	chopped liver bowties w kasha cherry tomatoes



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

**\*Daily cold pack** - low-fat milk, bread, fresh fruit, 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 FEBRUARY 7 – FEBRUARY 11**

	<b>Hot</b>	<b>Cold</b>
<b>Monday</b>	<b>meat lasagna</b> brown rice mixed vegetables	tuna salad macaroni salad cucumbers
<b>Tuesday</b> (delivered Mon)	<b>imitation crabcakes</b> potato peas	grilled chicken Caesar salad penne cole slaw
<b>Wednesday</b>	chicken stir fry lo mein carrots	egg salad chick peas cherry tomatoes
<b>Thursday</b> (delivered Wed)	<b>beef stew</b> noodles peas & carrots	baked fish potato salad corn
<b>Friday</b>	roast chicken stuffing green beans challah roll	white bean salad w roasted veggies couscous cherry tomatoes

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

**\*Daily cold pack** - low-fat milk, bread, fresh fruit, 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 FEBRUARY 14 – FEBRUARY 18**

	<b>Hot</b>	<b>Cold</b>
<b>Monday</b>	turkey breast sweet potato peas	corned beef sandwich macaroni salad cole slaw
<b>Tuesday</b> (delivered Mon)	chicken marsala penne mixed vegetables	quinoa salad w chicken potato salad cucumbers
<b>Wednesday</b>	<b>beef burger</b> mashed potato peas & carrots	grilled vegetable wrap orzo cherry tomatoes
<b>Thursday</b> (delivered Wed)	grilled chicken brown rice corn	grilled chicken sandwich couscous chick peas
<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**

**\*Daily cold pack** - low-fat milk, bread, fresh fruit, 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 FEBRUARY 21 – FEBRUARY 25**

	<b>Hot</b>	<b>Cold</b>
<b>Monday</b>	trky meatballs/brwn sauce rice peas	fish taco couscous cole slaw
<b>Tuesday</b> (delivered Mon)	breaded chicken sweet potato mixed vegetables	kana salad pasta salad cucumbers
<b>Wednesday</b>	<b>salisbury steak</b> mashed potato peas & carrots	tuna salad potato salad carrot sticks
<b>Thursday</b> (delivered Wed)	<b>baked fish</b> rice pilaf corn	egg salad shells chick peas
<b>Friday</b>	roast chicken stuffing green beans challah roll	chopped liver bowties w pasta cherry tomatoes

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