

***Daily cold pack** - low-fat milk, bread, 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 28 – MARCH 4

	Hot	Cold
Monday	grilled chicken brown rice green beans	baked fish potato salad beets
Tuesday (delivered Mon)	breaded fish orzo peas	corned beef sandwich macaroni salad cole slaw
Wednesday	meatloaf mashed potato mixed vegetables	quinoa salad w chicken shells cucumber
Thursday (delivered Wed)	chicken stir fry rice corn	grilled chicken sandwich chick peas carrot sticks
Friday	roast chicken kugel carrots challah roll	white bean salad w roasted veggies couscous cherry tomatoes



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

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WEEK OF MARCH 7 – MARCH 11

	Hot	Cold
Monday	beef burger mashed potato mixed vegetables	grilled vegetable wrap macaroni salad cucumbers
Tuesday (delivered Mon)	turkey breast sweet potato peas	kana salad penne cole slaw
Wednesday	pareve eggplant parm spaghetti carrots	fish taco chick peas cherry tomatoes
Thursday (delivered Wed)	tfky meatballs/brwn sauce noodles peas & carrots	chicken salad potato salad corn
Friday	roast chicken stuffing green beans challah roll	gefilte fish pasta beets

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WEEK OF MARCH 14 – MARCH 18

	Hot	Cold
Monday	imitation crabcakes potato peas	turkey sandwich macaroni salad cole slaw
Tuesday (delivered Mon)	stuffed cabbage penne mixed vegetables	tuna salad potato salad cucumbers
Wednesday	turkey meatloaf sweet potato peas & carrots	grilled chicken Caesar salad orzo beets
Thursday (delivered Wed)	breaded chicken cutlets brown rice corn	egg salad couscous chick peas
Friday	roast chicken kugel carrots challah roll	chopped liver bowties w kasha cherry tomatoes



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WEEK OF MARCH 21 – MARCH 25

	Hot	Cold
Monday	grilled chicken sweet potato peas	baked fish couscous cole slaw
Tuesday (delivered Mon)	lentil stew rice pilaf mixed vegetables	corned beef sandwich macaroni salad cucumbers
Wednesday	spaghetti & meatballs In marinara peas & carrots	quinoa salad w chicken potato salad carrot sticks
Thursday (delivered Wed)	turkey breast mashed potato corn	grilled chicken shells chick peas
Friday	roast chicken stuffing green beans challah	white bean salad w roasted veggies couscous cherry tomatoes

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WEEK OF MARCH 28 – APRIL 1

	Hot	Cold
Monday	salisbury steak mashed potato peas	grilled vegetable wrap couscous cole slaw
Tuesday (delivered Mon)	turkey lasagna rice pilaf mixed vegetables	kana salad (imitation crabmeat) macaroni salad cucumbers
Wednesday	chicken stir fry lo mein peas & carrots	fish taco potato salad carrot sticks
Thursday (delivered Wed)	breaded fish sweet potato corn	chicken salad shells chick peas
Friday	roast chicken kugel carrots challah	gefilte fish pasta beets

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