

***Daily cold pack** - juice, low-fat milk, 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 JULY 4 – JULY 8

Hot Cold

Monday CLOSED FOR INDEPENDENCE DAY

Tuesday USE SHELF STABLE MEALS

Wednesday	turkey meatloaf sweet potato mixed vegetables	chicken salad shells cucumber
------------------	---	-------------------------------------

Thursday (delivered Wed)	imitation crabcakes orzo peas	turkey sandwich potato salad carrot sticks
------------------------------------	--	--

Friday	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** - juice, low-fat milk, 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 JULY 11 – JULY 15

	Hot	Cold
Monday	salisbury steak mashed potato mixed vegetables	tuna salad shells cucumbers
Tuesday (delivered Mon)	chicken stir fry lo mein peas	grilled chicken Caesar salad potato salad carrot sticks
Wednesday	chickpea stew orzo carrots	egg salad macaroni salad cole slaw
Thursday	turkey breast sweet potato peas & carrots	baked fish chick peas beets
Friday	roast chicken stuffing green beans challah roll	chopped liver bowties w kasha cherry tomatoes

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

***Daily cold pack** - juice, low-fat milk, 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 JULY 18 – JULY 22

	Hot	Cold
Monday	grilled chicken mashed potato mixed vegetables	corned beef sandwich potato salad cole slaw
Tuesday (delivered Mon)	stuffed cabbage COUSCOUS green beans	quinoa salad w chicken orzo cucumbers
Wednesday	breaded fish brown rice peas	grilled chicken sandwich macaroni salad carrot sticks
Thursday (delivered Wed)	chicken marsala penne peas & carrots	grilled vegetable wrap chick peas beets
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

***Daily cold pack** - juice, low-fat milk, 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 JULY 25 – JULY 29

	Hot	Cold
Monday	baked fish rice pilaf corn	chicken salad potato salad cole slaw
Tuesday (delivered Mon)	breaded chicken sweet potato carrots	fish taco couscous cucumbers
Wednesday	spaghetti & meatballs In marinara peas	turkey sandwich macaroni salad carrot sticks
Thursday (delivered Wed)	chicken stir fry lo mein mixed vegetables	tuna salad chick peas cherry tomatoes
Friday	roast chicken stuffing green beans challah roll	gefilte fish pasta beets

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