

***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 AUGUST 1 – AUGUST 5

	Hot	Cold
Monday	turkey breast sweet potato green beans	grilled chicken Caesar salad macaroni salad carrot sticks
Tuesday	stuffed cabbage rice peas & carrots	egg salad shells beets
Wednesday	grilled chicken mashed potato mixed vegetables	baked fish chick peas cucumber
Thursday (delivered Wed)	breaded fish orzo peas	corned beef sandwich potato salad cole slaw
Friday	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

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WEEK OF AUGUST 8 – AUGUST 12

	Hot	Cold
Monday	meatloaf mashed potato mixed vegetables	quinoa salad w chicken shells cherry tomatoes
Tuesday (delivered Mon)	chicken marsala penne peas	fish taco potato salad carrot sticks
Wednesday	baked fish orzo carrots	chicken salad macaroni salad cole slaw
Thursday	breaded chicken sweet potato peas & carrots	grilled vegetable wrap chick peas beets
Friday	roast chicken stuffing green beans challah roll	white bean salad w roasted veggies couscous cucumbers

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WEEK OF AUGUST 15 – AUGUST 19

	Hot	Cold
Monday	turkey mtballs/br sauce sweet potato mixed vegetables	egg salad macaroni salad cole slaw
Tuesday (delivered Mon)	pareve eggplant parm shells green beans	grilled chicken sandwich orzo cucumbers
Wednesday	meat lasagna brown rice peas	baked fish potato salad cherry tomatoes
Thursday (delivered Wed)	breaded fish couscous peas & carrots	turkey sandwich chick peas carrot sticks
Friday	roast chicken kugel carrots challah roll	gefilte fish pasta beets



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WEEK OF AUGUST 22 – AUGUST 26

	Hot	Cold
Monday	salisbury steak mashed potato corn	tuna salad macaroni salad cole slaw
Tuesday (delivered Mon)	lentil stew brown rice carrots	grilled chicken Caesar salad couscous cucumbers
Wednesday	breaded chicken cutlets shells peas	egg salad potato salad carrot sticks
Thursday (delivered Wed)	turkey breast sweet potato mixed vegetables	baked fish chick peas beets
Friday	roast chicken stuffing green beans challah roll	chopped liver bowties w kasha cherry tomatoes

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WEEK OF AUGUST 29 – SEPTEMBER 2

	Hot	Cold
Monday	grilled chicken cutlets mashed potato corn	corned beef sandwich macaroni salad cole slaw
Tuesday (delivered Mon)	imitation crabcakes rice pilaf peas	quinoa salad w chicken shells cherry tomatoes
Wednesday	spaghetti & meatballs In marinara green beans	grilled vegetable wrap potato salad carrot sticks
Thursday (delivered Wed)	chicken marsala penne mixed vegetables	baked fish chick peas beets
Friday	roast chicken kugel carrots challah roll	white bean salad w roasted veggies couscous cucumbers

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