

***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 OCTOBER 31 – NOVEMBER 4

	Hot	Cold
Monday	trky meatballs/br sauce sweet potato peas	chicken salad macaroni salad carrot sticks
Tuesday (delivered Mon)	chicken stir fry lo mein carrots	turkey sandwich potato salad beets
Wednesday	salisbury steak mashed potato mixed vegetables	tuna salad chick peas cucumbers
Thursday (delivered Wed)	turkey breast couscous peas & carrots	grilled chicken Caesar salad orzo cole slaw
Friday	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

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WEEK OF NOVEMBER 7 – NOVEMBER 11

	Hot	Cold
Monday	stuffed cabbage brown rice green beans	egg salad orzo cherry tomatoes
Tuesday (delivered Mon)	grilled chicken noodle kugel peas	baked fish chick peas carrot sticks
Wednesday	breaded fish sweet potato mixed vegetables	corned beef sandwich macaroni salad cole slaw
Thursday (delivered Wed)	chicken marsala penne peas & carrots	quinoa salad w chicken potato salad cucumbers
Friday	roast chicken kugel carrots challah roll	gefilte fish pasta beets

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WEEK OF NOVEMBER 14 – NOVEMBER 18

	Hot	Cold
Monday	baked fish mashed potato peas	grilled chicken sandwich couscous carrot sticks
Tuesday (delivered Mon)	breaded chicken rice pilaf mixed vegetables	kana salad (imitation crabmeat) orzo beets
Wednesday	spaghetti & meatballs In marinara carrots	fish taco potato salad cucumbers
Thursday (delivered Wed)	lentil stew brown rice peas & carrots	chicken salad macaroni salad cole slaw
Friday	roast chicken stuffing green beans challah roll	chopped liver bowties w pasta cherry tomatoes



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WEEK OF NOVEMBER 21 – NOVEMBER 25

	Hot	Cold
Monday	breaded fish penne mixed vegetables	egg salad potato salad carrot sticks
Tuesday (delivered Mon)	beef burger mashed potato peas	grilled chicken Caesar salad macaroni salad cole slaw
Wednesday	chicken stir-fry lo mein carrots	turkey sandwich chick peas cucumbers
Thursday (delivered Wed)	turkey breast sweet potato corn	tuna salad couscous cherry tomatoes
Friday	CLOSED FOR THANKSGIVING—Use shelf stable meals	

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WEEK OF NOVEMBER 28 – DECEMBER 2

	Hot	Cold
Monday	grilled chicken sweet potato corn	baked fish chick peas carrot sticks
Tuesday (delivered Mon)	beef stew noodles green beans	grilled chicken sandwich orzo beets
Wednesday	baked fish mashed potato mixed vegetable	corned beef sandwich macaroni salad cherry tomatoes
Thursday (delivered Wed)	chicken marsala penne peas	grilled vegetable wrap potato salad cole slaw
Friday	roast chicken kugel carrots challah roll	white bean w roasted veggies couscous cucumbers

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