

***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 JANUARY 30 – FEBRUARY 3

	Hot	Cold
Monday	lentil stew brown rice carrots	turkey sandwich potato salad beets
Tuesday	salisbury steak mashed potato mixed vegetables	tuna salad macaroni salad chick peas
Wednesday	chicken stir-fry lo-mein snap peas	grilled chicken Caesar salad tabouli cherry tomatoes
Thursday (delivered Wed)	turkey breast sweet potato peas & carrots	egg salad orzo cole slaw
Friday	roast chicken stuffing green beans challah roll	white bean salad w roasted veggies couscous cucumbers



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

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WEEK OF FEBRUARY 6 – FEBRUARY 10

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

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WEEK OF FEBRUARY 13 – FEBRUARY 17

	Hot	Cold
Monday	turkey meatloaf sweet potato peas	kana salad (imitation crabmeat) orzo beets
Tuesday (delivered Mon)	beef burger mashed potato mixed vegetables	grilled vegetable wrap potato salad carrot sticks
Wednesday	chicken marsala angel hair pasta carrots	egg salad chick peas cucumbers
Thursday (delivered Wed)	baked fish rice pilaf peas & carrots	turkey sandwich macaroni salad cole slaw
Friday	roast chicken stuffing green beans challah roll	chopped liver bowties w kasha cherry tomatoes



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WEEK OF FEBRUARY 20 – FEBRUARY 24

Hot

Cold

Monday	breaded chicken noodle kugel peas	tuna salad chick peas cherry tomatoes
Tuesday (delivered Mon)	spaghetti & meatballs in marinara corn	grilled chicken Caesar salad orzo carrot sticks
Wednesday	chicken stir fry brown rice snap peas	chicken salad macaroni salad beets
Thursday (delivered Wed)	pareve eggplant parm penne peas & carrots	baked fish macaroni salad cole slaw
Friday	roast chicken kugel carrots challah roll	white bean salad w roasted veggies couscous cucumbers

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WEEK OF FEBRUARY 27 – MARCH 3

Hot

Cold

Monday

grilled chicken
rice pilaf
carrots

corned beef sandwich
macaroni salad
cole slaw

Tuesday

(delivered Mon)

trky meatballs/br sauce
sweet potato
peas & carrots

grilled chicken sandwich
orzo
carrot sticks

Wednesday

meat lasagna
penne
mixed vegetables

quinoa salad w chicken
potato salad
cucumbers

Thursday

(delivered Wed)

imitation crabcakes
mashed potato
corn

grilled vegetable wrap
chick peas
cole slaw

Friday

roast chicken
stuffing
green beans
challah roll

gefilte fish
pasta
beets

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