



***Daily cold pack** - juice or fruit, milk alternative/dairy product, bread

PLEASE NOTE: All food prepared by our caterer is considered MEAT.
Therefore, any dairy is intended for separate consumption.

WEEK OF AUGUST 31 – SEPTEMBER 4

	<u>Hot</u>	<u>Cold</u>
Monday	breaded chicken sweet potato peas	egg salad orzo beets
Tuesday (delivered Mon)	spaghetti & meatballs in marinara green beans	baked fish potato salad cherry tomatoes
Wednesday	chicken stir fry lo mein snow peas	corned beef sandwich macaroni salad cole slaw
Thursday (delivered Wed)	vegetarian rice & beans mixed vegetables	quinoa salad w chicken carrot sticks
Friday (delivered Thurs)	roast chicken kugel carrots challah roll	tuna macaroni salad cucumbers



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



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WEEK OF SEPTEMBER 7 – SEPTEMBER 11

Hot

Cold

Monday	Closed for Labor Day—use frozen meals	
Tuesday (delivered Mon)	use frozen meals	
Wednesday	baked ziti w turkey mixed vegetables	grilled chicken sandwich couscous cherry tomatoes
Thursday (delivered Wed)	falafel w pita humus roasted eggplant	kani salad (imitation crabmeat) orzo carrot sticks
Friday (delivered Thurs)	roast chicken stuffing carrots challah roll	chopped liver kasha w bowties cherry tomatoes

***JFS Closed**



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WEEK OF SEPTEMBER 14 – SEPTEMBER 18

	Hot	Cold
Monday	beef burger mashed potato carrots	crepe w fruit filling orzo cucumbers
Tuesday (delivered Mon)	turkey breast sweet potato mixed vegetables	tuna salad macaroni salad chick peas
Wednesday	grilled chicken noodle kugel peas	Israeli couscous w tofu carrot sticks
Thursday (delivered Wed)	breaded fish shells corn	chicken salad potato salad cherry tomatoes
Friday (delivered Thurs)	roast chicken stuffing green beans challah roll	gefilte fish pasta beets

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WEEK OF SEPTEMBER 21 – SEPTEMBER 25

Hot

Cold

Monday

Closed for Yom Kippur—use frozen meals

Tuesday

(delivered Mon)

use frozen meals

Wednesday

meatloaf
rice pilaf
mixed vegetables

turkey sandwich
macaroni salad
beets

Thursday

(delivered Wed)

chicken marsala
penne
corn

egg salad
potato salad
cherry tomatoes

Friday

(delivered Thurs)

roast chicken
kugel
green beans
challah roll

bagel w lox ***JFS Closed**
tomato
onion



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WEEK OF SEPTEMBER 28 – OCTOBER 2

	Hot	Cold
Monday	baked fish potato latke peas & carrots	grilled chicken Caesar salad orzo cucumbers
Tuesday (delivered Mon)	breaded chicken brown rice green beans	baked fish potato salad cole slaw
Wednesday	parve eggplant parm spaghetti mixed vegetables	quinoa salad w chicken orzo beets
Thursday (delivered Wed)	salisbury steak rice pilaf mixed vegetables	grilled vegetable wrap couscous chick peas
Friday (delivered Thurs)	roast chicken kugel carrots challah roll	chopped liver bowties w kasha cherry tomatoes

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