



Lunch Menu

Tishre / Cheshvan 5784

October 2023

Food for Thought

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHOL HAMOED NO SESSIONS	3 CHOL HAMOED NO SESSIONS	4 CHOL HAMOED NO SESSIONS	5 CHOL HAMOED NO SESSIONS	6 HOSHANA RABA NO SESSIONS
9 Fish Sticks Rotelle Tossed Salad Pears SESSIONS RESUME	10 Chicken Nuggets Sweet & Sour Sauce French Fries Peaches	11 Bagels & Cream Cheese Tuna & Egg Salad Vegetable Soup Garden Salad Oranges	12 Baked Chicken Yellow Rice Mixed Vegetables Pineapple	13 Pancakes Carrot and Celery Sticks Kernel Corn Apple Sauce
16 Baked Macaroni & Cheese Steamed Macaroni Cottage Cheese Tossed Salad Pineapple	17 Meatballs Spaghetti Green Beans Apples	18 Falafel Pita Bread Israeli Salad Salad Bar Peaches	19 Sloppy Joe Taco Shells Rice Green Beans Pears	20 Pizza Bagels Carrot and Celery Sticks Kernel Corn Apple Sauce
23 Penne Alla Vodka Plain Pasta Cottage Cheese Chef Salad Peaches	24 Bukharian Plov Roast Chicken Tomato Salad Mixed Fruit	25 Fresh Fish Fillet Rotelle Mushroom Barley Soup Green Salad Pears	26 Hero Sandwiches Belgian Potatoes Pickles Oranges	27 French Toast Carrot and Celery Sticks Kernel Corn Apple Sauce
30 Baked Ziti Plain Pasta Cottage Cheese Tossed Salad Apples	31 Hot Dogs Baked Beans Coleslaw Oranges			

Available Daily

- *Pasta
- *Hard boiled eggs
- *Salad
- *Sandwiches
- *Yogurt & cottage cheese on dairy days
- *Fruit