

WEEK 1 WEDNESDAY

DAIRY OPTIONS

PASTA PRIMAVERA
GREEN BEANS
MINISTRONE SOUP

OR

GREEK SALAD W/ EGG SALAD
FETA & OLIVES
MINISTRONE SOUP

SUMMER & FALL MENU 2025

MEAT OPTIONS

ASIAN STYLE BEEF
RICE & BROCCOLI
SQUASH SOUP

OR

SALISBURY S HAMBURGER STEAK W/ GRAVY
RICE & CARROTS
SQUASH SOUP

CONTACT:
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FRIDAY

DAIRY OPTIONS

SALMON FILET
BAKED POTATO & CAULIFLOWER
CARROT SOUP

OR

COTTAGE CHEESE PLATE
FRUIT SALAD
CARROT SOUP

MEAT OPTIONS

CURRY PINEAPPLE MEATBALLS
RICE & GINGER ORIENTAL VEGGIES
MATZA BALL SOUP

OR

CHICKEN PAPRIKASH
RICE & SQUASH
MATZA BALL SOUP

WEEK 2 WEDNESDAY

DAIRY OPTIONS

MACARONI & CHEESE
MIXED VEGGIES
THREE BEAN & VEG SOUP

OR

NICOISE TUNA SALAD
POTATO & GARDEN SALAD
THREE BEAN & VEG SOUP

MEAT OPTIONS

KOFTA & HUMMUS
POTATO, ZUCCHINI & TOMATO
ISRAELI SALAD

OR

TURKEY POT PIE
POTATO & BROCCOLI
ISRAELI SALAD



DAIRY OPTIONS

MUSTARD DILL SOLE
MASHED POTATO & BROCCOLI
CAESAR SALAD

OR

CHEDDER CHEESE QUINOA
GARDEN SALAD
CAESAR SALAD

MEAT OPTIONS

BEEF HOT DOG
COLSLAW, TOMATO & CUCUMBER
CHICKEN NOODLE SOUP

OR

PEACH GINGER BBQ SAUCE CHICKEN
POTATO & MIXED VEGGIES
CHICKEN NOODLE SOUP

FRIDAY

WEEK 3 WEDNESDAY

DAIRY OPTIONS

SALMON PIE
MASHED POTATOES & GREEN BEANS
MUSHROOM SOUP

OR

CHEESE BLINTZES
SOUR CREAM & FRUIT SALAD
MUSHROOM SOUP

FRIDAY

DAIRY OPTIONS

PORTUGUESE COD
POTATOES & PEAS
POTATOE LEEK SOUP

OR

GREEK SALAD W/ EGG SALAD
OLIVES & FETA CHEESE
POTATO LEEK SOUP

KMOW SUMMER & FALL MENU 2025

MEAT OPTIONS

CURRY BEEF STEW
RICE & CAULIFLOWER
CARROT SALAD

OR

ORANGE CHICKEN
FLORENTINE VEGGIES & RICE
CARROT SALAD

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MEAT OPTIONS

BEEF CHILLI
RICE & WAX BEANS
MATZA BALL SOUP

OR

HONEY GINGER CHICKEN
RICE & ORIENTAL VEGGIES
MATZA BALL SOUP

WEEK 4 WEDNESDAY

DAIRY OPTIONS

SALMON SALAD
POTATO SALAD & GARDEN SALAD
CAESAR SALAD

OR

LASAGNA
WAX BEANS
CAESAR SALAD

MEAT OPTIONS

THAI BEEF W/ PEANUT SAUCE
NOODLES
SQUASH SOUP

OR

MUSHROOM CHICKEN
NOODLES & PEAS
SQUASH SOUP

FRIDAY

DAIRY OPTIONS

CHEF SALAD W/ EGG SALAD
CHEDDAR CHEESE
MUSHROOM LEEK

OR

BREADED HERB & GARLIC SOLE
POTATO & BROCCOLI
MUSHROOM LEEK SOUP

MEAT OPTIONS

SPAGHETTI & MEAT SAUCE
PEAS
CHICKEN NOODLE SOUP

OR

BBQ CHICKEN
POTATO & CARROTS
CHICKEN NOODLE SOUP

