



WEEK ONE

WEDNESDAY

VEGETARIAN OPTION

PASTA PRIMAVERA
GREEN BEANS
MINISTRONE SOUP

OR

GREEK SALAD AND EGG SALAD
FETA CHEESE
MINISTRONE SOUP

MEAT OPTION

ASIAN STYLE CHICKEN
RICE, BROCCOLI
SQUASH SOUP

OR

SALISBURY HAMBURGER STEAK WITH GRAVY
RICE, CARROTS
SQUASH SOUP

FRIDAY

VEGETARIAN OPTION

SALMON FILET
BAKED POTATO, CAULIFLOWER
CARROT SOUP

OR

COTTAGE CHEESE AND FRUIT
FRUIT SALAD
CARROT SOUP

MEAT OPTION

PAPRIKA CHICKEN
RICE, SQUASH
MATZAH BALL SOUP

OR

CURRY PINEAPPLE MEATBALLS
RICE, GINGER ORIENTAL VEGGIES
MATZAH BALL SOUP

WEEK TWO

WEDNESDAY

VEGETARIAN OPTION

MACARONI AND CHEESE
MIXED VEGGIES
THREE SISTER BEAN SOUP

OR

NICOISE TUNA SALAD PLATE
POTATO SALAD, GARDEN SALAD,
THREE SISTER BEAN SOUP

MEAT OPTION

TURKEY POT PIE
ROAST POTATOES, PEAS
ISRAELI SALAD

OR

KOFTA AND HUMMUS
ROASTED POTATOES, ZUCCHINI AND TOMATOES
ISRAELI SALAD

FRIDAY

VEGETARIAN OPTION

MUSTARD DILL BAKED SOLE
MASHED POTATOES, BROCCOLI
CAESER SALAD

OR

CHEDDAR CHEESE AND QUINOA SALAD
GARDEN SALAD
CAESER SALAD

MEAT OPTION

CHICKEN IN GINGER PEACH BBQ SAUCE
ROAST POTATOES, MIXED VEGGIES
CHICKEN NOODLE SOUP

OR

HOT DOG
COLESLAW, TOMATO AND CUCUMBER
CHICKEN NOODLE SOUP



WEEK THREE

WEDNESDAY

VEGETARIAN OPTION

SALMON PIE
MASHED POTATOES, GREEN BEANS,
MUSHROOM SOUP

OR

CHEESE BLINTZES
FRUIT SALAD & SOUR CREAM
MUSHROOM SOUP

MEAT OPTION

ROAST CHICKEN IN ORANGE SAUCE
RICE, FLORENTINE VEGGIES
CARROT SALAD

OR

CURRY BEEF STEW
RICE, CAULIFLOWER
CARROT SALAD

FRIDAY

VEGETARIAN OPTION

PORTUGUESE COD
ROAST POTATOES, PEAS
POTATO LEEK SOUP

OR

GREEK SALAD AND EGG SALAD
FETA CHEESE
POTATO LEEK SOUP

MEAT OPTION

HONEYGINGER CHICKEN
RICE, ORIENTAL VEGGIES
MATZAH BALL SOUP

OR

BEEF CHILI
RICE, WAX BEANS
MATZAH BALL SOUP

WEEK FOUR

WEDNESDAY

VEGETARIAN OPTION

SALMON SALAD PLATE
POTATO SALAD, GARDEN SALAD
CAESAR SALAD

OR

VEGGIE LASAGNA
WAX BEANS
CAESAR SALAD

MEAT OPTION

MUSHROOM CHICKEN
NOODLES, PEAS
SQUASH SOUP

OR

THAI BEEF IN PEANUT SAUCE
NOODLES
SQUASH SOUP

FRIDAY

VEGETARIAN OPTION

BREADED HERB GARLIC SOLE
BAKED POTATO, BROCCOLI
MUSHROOM LEEK SOUP

OR

CHEF SALAD PLATE WITH EGG SALAD
CHEDDAR CHEESE
MUSHROOM LEEK SOUP

MEAT OPTION

CHICKEN IN BBQ SAUCE
ROAST POTATOES, CARROTS
CHICKEN NOODLE SOUP

OR

SPAGETTI AND MEAT SAUCE
PEAS
CHICKEN NOODLE SOUP