

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 <u>LUNCH</u> Chef's Soup Vegetable Lasagna Rosemary Bread / Small Side Salad Pineapple Upside Down Cake <u>DINNER</u> Onion Soup Grilled Salmon Rice & Steamed Broccoli Fruit Cocktail	2 <u>LUNCH</u> Cream of Butternut Squash Vegetable PizzaGarden Salad Orange Muffin & Fresh Fruit <u>DINNER</u> Onion Soup Baked Salmon Steamed Couscous Blended Vegetables Strawberry Ice Cream	3 <u>LUNCH</u> Cream of Tomatoes Grilled Cheese Sandwich Garlic Fries and Garden Salad Coffee Cake <u>DINNER</u> Mushroom Barley Vegetable Casserole Baked Sweet Potatoes Baked Cinnamon Sugar Apples	4 <u>LUNCH</u> Cabbage Celery Soup, Baked Fish Roasted Potatoes, Marinated Three Bean Salad Fresh Fruit <u>DINNER</u> Stuffed Cabbage Baked Sweet Potatoes Steamed Broccoli Ice Cream & Cookies	5 <u>LUNCH</u> Garden Vegetable Soup Potato Latkes, Sour Cream/Apple Sauce, Chef's Salad, Blended Vegetable <u>DINNER</u> Matzo Ball Soup Potato Kugel Gefilte Fish Schnitzel with Zucchini & Couscous Berta's Chocolate Rugalach	6 <u>Lunch</u> Borscht Tuna Salad/Egg Salad Carrot Raisin Slaw, Beet & Onion Lemon Cake <u>DINNER</u> Vegetable Soup, Baked Chicken with Potatoes Vegetables Cake/ Fresh Fruit	
7 <u>LUNCH</u> Vegetable Soup Grilled Cheese Potato Salad Fresh Fruits DINNER / FAST OF AV White Bean Soup Chef's Choice Lemon-Lime Rice with Vegetables Assorted Ice Cream	8 <u>LUNCH</u> Tomato Basil Soup Chicken Hot Dogs & Hamburgers French Fries Grilled Peppers & Onions Assorted Ice Cream <u>DINNER</u> Minestrone Soup Braised Beef Brisket, Mashed Potatoes with Steamed VegetablesPeach Cobbler	9 <u>LUNCH</u> Garden Vegetables Greek Salad/ Dinner Roll Fresh Melon Slice <u>DINNER</u> Split Pea Tuna Casserole Baked Pasta with Bread Sautéed Eggplant Spice Cake	10 <u>LUNCH</u> Cream of Mushroom Tuna Plate/ Garlic Toast Chef's Salad Pudding <u>DINNER</u> Minestrone Quinoa Salad Vegetables Pineapple Sorbet	11 <u>LUNCH</u> Potato Leek Soup Cobb Salad with Wheat Roll Fresh Fruits Chef's Pastries <u>DINNER</u> Chef's Soup Corned Beef with Lyonnaise Potatoes Oven Roasted Squash Assorted Cookies	12 <u>LUNCH</u> Tortilla Soup Cheese & Vegetable Quesadilla , Spanish Rice, Beans & Salsa Pecan Pie <u>DINNER</u> Matzo Ball Soup, Gefilte Fish Schnitzel with Vegetables Roasted Yukon Potatoes Marble Cake	13 <u>LUNCH</u> Borscht Cholent, Challah Coleslaw, Cake <u>DINNER</u> Garden Vegetables, Turkey Sandwich Potato Salad Moroccan Carrot Salad Berta's Chocolate Rugalach	
14 <u>LUNCH</u> Garden Vegetable Cheese & Blueberry Blintz Small Salad Apple Sauce/ Sour Cream <u>DINNER</u> Sausage Lentil Soup Chicken Teriyaki Egg Noodles Stir Fry Vegetables Orange Cake	15 <u>LUNCH</u> Split Pea Soft Grilled Fish Tacos Rice & Beans ,Coleslaw Apple Pie <u>DINNER</u> Vegetable & Rice Soup Pot Roast/ Mashed Garlic Potatoes, Grilled Eggplant, Peppers & Zucchini Lemon Cake	16 <u>LUNCH</u> Onion Mushroom Soup Egg Salad on Croissant Green Salad, Fruit Cup, Bread Pudding <u>DINNER</u> Cabbage Soup Chicken Lo Mein Teriyaki Blended Vegetable Assorted Ice Cream & Cookie	17 <u>LUNCH</u> Cream of Butternut Squash Eggplant Parmesan Grilled Zucchini with Garlic Bread <u>DINNER</u> White Bean Soup Beef Lasagna/ Bread Small Couscous Salad Sautéed Vegetables Chef's Cake	18 <u>LUNCH</u> Tortilla Soup Potato Latkes Apple Sauce/ Sour Cream Assorted Desserts <u>DINNER</u> Lentil Soup Baked Salmon with Steamed Couscous Mixed Vegetables Marble Cake	19 <u>LUNCH</u> Chef's Soup Cheese / Blueberry Blintz Sour Cream/ Apple Sauce/Side Salad Coffee Cake <u>DINNER</u> Matzo Ball Soup Lemon & Pepper Baked Chicken Garden Vegetables Berta's Chocolate Rugalach	20 <u>LUNCH</u> Borscht Cholent, Challah Potato Salad Chocolate Cake <u>DINNER</u> Garden Vegetable Soup Chopped Liver & Onion Pastrami Sandwich/ Coleslaw Cookies & Ice Cream	
21 <u>Lunch</u> Barley Soup Mushroom Quiche Marinated Onion Beet Salad Garlic Roll Fresh Fruit <u>DINNER</u> White Bean Soup Chicken Cacciatore Blended Vegetables with Rice Assorted Desserts	22 <u>LUNCH</u> Cream of Corn Vegetable & Cheese Pizza Garden Salad/ Orange Wedges Coffee Marble Cake <u>DINNER</u> Chicken Noodle, Classic Meatloaf Lemon Rice/ Steamed Green Beans Apple Cobbler	23 <u>LUNCH</u> Cream of Carrot Mushroom Frittata Tossed Tomatoes & Onion Salad Toast, Fresh Fruit <u>DINNER</u> Navy Bean Soup, Baked Mediterranean Chicken with Olives and Couscous Steamed Vegetables Assorted Cookies	24 <u>LUNCH</u> Split Pea, Eggplant Casserole Mac & Cheese / Dinner Roll/ Fried Zucchini <u>DINNER</u> Soup of the Day, Grilled Lemon Salmon Steamed Brown Rice Roasted Onion & Peppers, Fruit Cocktail	25 <u>LUNCH</u> Garden Vegetable Egg & Vegetables Frittata Carrot Slaw Banana Bread Pudding <u>DINNER</u> Squash Soup Lamb Stew with Barley Sautéed Green Beans Baked Brown Sugar-Cinnamon Apples	26 <u>LUNCH</u> Tomato Basil Corned Beef Sandwich Cabbage with Moroccan Carrot Salad Fresh Watermelon <u>DINNER</u> Matzo Ball Soup Gefilte Fish Schnitzel, Potatoes and Vegetables Fruit Jell-O	27 <u>LUNCH</u> Borscht Cholent, Challah Green Salad Cake <u>DINNER</u> Barley Soup BBQ Chicken Coleslaw with Rice Berta's Chocolate Rugalach	
28 <u>LUNCH</u> Navy Bean Soup Chicken Hot Dogs Caramelized Onion Fruit & Ice Cream <u>DINNER</u> Potato Celery Soup Classic Meatloaf Mashed Potatoes Steamed Carrots Fruit Jell-O	29 <u>LUNCH</u> Cream of Tomato Soup Grilled Cheese Sandwich Garlic Fries and Garden Salad Carrot Cake <u>DINNER</u> Mushroom Barley Soup Vegetable Casserole Baked Sweet Potatoes Green Beans Custard Cream	30 <u>LUNCH</u> French Onion Soup Tuna Sandwich on Rye Garlic Fries, Marinated Three Bean Salad, Caramel Flan <u>DINNER</u> Lentil Curry Soup Baked White Fish Steamed Garden Barley Sautéed Vegetables Berta's Chocolate Rugalach	31 <u>LUNCH</u> Garden Vegetable Soup Potato Latkes, Sour Cream/Apple Sauce Chef's Salad <u>DINNER</u> Chef's Soup Turkey Sandwich Blend of Vegetables Watermelon Raisin Oatmeal Cookies	MONTHLY MENU <i>August 2022</i> AV-ELUL, 5782			