



<p><b>BREAKFAST</b> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Mushroom Onion Soup Baked Lemon Dill Tilapia, Rice, Sautéed Peppers &amp; Onions Assorted Ice Cream <b>DINNER</b> Split Pea Soup Beef Stew Mashed Sweet Potatoes &amp; Gravy Steamed Vegetables Chef's Cake</p> <p style="text-align: right;"><b>4</b></p>	<p><b>BREAKFAST</b> French Toast, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Chef's Soup Hot Dogs and Hamburgers Carrot Slaw, Garlic Fries Apple Cobbler <b>DINNER</b> Potato Leek Soup Chicken Cacciatore Roasted Yukon Potatoes with Vegetables Oatmeal Raisin Cookies</p> <p style="text-align: right;"><b>5</b></p>	<p><b>BREAKFAST</b> Waffles, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Cream of Butternut Squash Soup Vegetable Pizza Fruit Chef's Cake <b>DINNER</b> Garden Vegetable Soup Beef Lasagna Marinara Toast Steamed Broccoli Fruit Jello</p> <p style="text-align: right;"><b>6</b></p>	<p><b>BREAKFAST</b> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Garden Vegetable Soup Cheese Blintz Apple Sauce, Sour Cream, Parmesan Zucchini <b>DINNER</b> Minestrone Soup Chicken Curry and Lemon Rice Sautéed Onion &amp; Peppers Mandel Bread</p> <p style="text-align: right;"><b>7</b></p>	<p><b>BREAKFAST</b> French Toast, Eggs any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Tomato Basil Soup Grilled Cheese Sandwich Blueberry Salad Muffin <b>DINNER</b> Zucchini Soup Classic Meatloaf Mashed Redskin Potatoes Peas &amp; Carrots Chef's Dessert</p> <p style="text-align: right;"><b>8</b></p>	<p><b>BREAKFAST</b> Waffle, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Cream of Corn Soup Mushroom Quiche Garden Salad Fruit Cups <b>DINNER</b> Matzo Ball Soup Gefilte Fish Potato Kugel Schnitzel, Rice, Vegetables Mandel Bread</p> <p style="text-align: right;"><b>9</b></p> <p style="text-align: center;">Sukkot Begins</p>	<p><b>BREAKFAST</b> Lox &amp; Bagel, Herring, Cream Cheese, Hard Boiled Egg, Cold Cereal, Fresh Fruit <b>LUNCH</b> Borscht Cholent, Challah Eggplant &amp; Corn Salad Dessert <b>DINNER</b> Chef's Soup Turkey Deli Sandwich Marinated Onion &amp; Tomato Salad Chef's Cake</p> <p style="text-align: right;"><b>10</b></p> <p style="text-align: center;">Simchat Torah Begins</p>
<p><b>BREAKFAST</b> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Tomato Bisque Mac &amp; Cheese Blended Vegetables Assorted Desserts <b>DINNER</b> Chef's Soup Chicken Kabob Couscous Grilled Vegetables Ice Cream</p> <p style="text-align: right;"><b>11</b></p>	<p><b>BREAKFAST</b> French Toast, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Cream of Mushroom Soup Tuna Salad Plate, Bread Marinated Three Beans Salad Pudding <b>DINNER</b> Chef's Soup Beef Potato Casserole, Vegetables, Egg Noodles Fruit Jello</p> <p style="text-align: right;"><b>12</b></p> <p style="text-align: center;">Columbus Day (US)</p>	<p><b>BREAKFAST</b> Waffles, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Cream of Carrot Soup Salmon Salad with Garlic Roll Quinoa Salad Chef's Dessert <b>DINNER</b> Chicken Soup Baked Whole Turkey Mashed Potatoes, Peas &amp; Carrots Cranberry Sauce Fresh Fruit</p> <p style="text-align: right;"><b>13</b></p>	<p><b>BREAKFAST</b> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Garden Vegetable Soup Soft Fish Tacos, Spanish Rice, Beans Salsa Coffee Cake <b>DINNER</b> Cabbage Celery BBQ Chicken Steamed vegetables Baked Potatoes Assorted Cookies</p> <p style="text-align: right;"><b>14</b></p>	<p><b>BREAKFAST</b> French Toast, Eggs any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Broccoli Cauliflower Soup Potato Pancakes, Grilled Vegetables Cookies &amp; Ice Cream <b>DINNER</b> Lentil Soup Stir Fry Broccoli &amp; Beef Teriyaki Rice, Asian Style Vegetables Baked Cinnamon Apples</p> <p style="text-align: right;"><b>15</b></p>	<p><b>BREAKFAST</b> Waffle, Eggs Any Style Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Chef's Soup Blueberry &amp; Cheese Blintz Sour Cream, Apple Sauce Cookies <b>DINNER</b> Garden Vegetable Soup Brisket Potatoes Green Beans Casserole Honey Cake</p> <p style="text-align: right;"><b>16</b></p>	<p><b>BREAKFAST</b> Lox &amp; Bagel, Herring, Cream Cheese, Hard Boiled Egg, Cold Cereal, Fresh Fruit <b>LUNCH</b> Borscht Cholent, Challah Potato Salad Moroccan Carrot Salad Chef's Cake <b>DINNER</b> Barley Mushroom Soup Turkey Sandwich with Cranberry Sauce, Vegetables Lemon-Marble Cake</p> <p style="text-align: right;"><b>17</b></p>
<p><b>BREAKFAST</b> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Curry Lentil Soup Baked Tilapia with Couscous Steamed Vegetables Chocolate Cake <b>DINNER</b> Chef's Soup Wine Braised Beef Brisket, Mashed Garlic Potatoes, Peas &amp; Carrots Fresh Fruit</p> <p style="text-align: right;"><b>18</b></p>	<p><b>BREAKFAST</b> French Toast, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Tomato Basil Soup Vegetable Pizza Side Salad Fruit Jello <b>DINNER</b> Chicken Noodle Soup BBQ Meatloaf Steamed Carrots, Mashed Potatoes Assorted Desserts</p> <p style="text-align: right;"><b>19</b></p>	<p><b>BREAKFAST</b> Waffles, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Vegetable Rice Soup Greek Salad w/ Chicken Breast Dinner Roll Assorted Ice Cream <b>DINNER</b> Cabbage Celery Soup Baked Trout Yukon Roasted Potatoes Peppers &amp; Onions Peach Cobbler</p> <p style="text-align: right;"><b>20</b></p>	<p><b>BREAKFAST</b> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Cream of Cauliflower Soup Blueberry and Cheese Blintz Apple Sauce/ Sour Cream Sautéed Zucchini sticks Dessert Coffee cake <b>DINNER</b> Chef's Soup Pan Seared Atlantic Salmon Couscous and Green Beans Baked Maple Apples</p> <p style="text-align: right;"><b>21</b></p>	<p><b>BREAKFAST</b> French Toast, Eggs any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Onion Soup Quinoa Salad with Grilled Chicken Breast Roll and Green Salad Dessert <b>DINNER</b> Garden Vegetable Soup Corned Beef Potatoes Cabbage Fruit Cup</p> <p style="text-align: right;"><b>22</b></p>	<p><b>BREAKFAST</b> Waffle, Eggs Any Style Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Split Pea Soup Eggplant Parmesan Three Bean Salad Orange Muffin <b>DINNER</b> Matzo Ball Soup Potato Kugel Baked Lemon Chicken Brown Rice With Vegetables Marble Cake</p> <p style="text-align: right;"><b>23</b></p>	<p><b>BREAKFAST</b> Lox &amp; Bagel, Herring, Cream Cheese, Hard Boiled Egg, Cold Cereal, Fresh Fruit <b>LUNCH</b> Borscht Egg Salad Challah Marinated Beet Onion Salad Ice Cream <b>DINNER</b> Chef's Soup Grilled Chicken Sandwich Cole Slaw Oatmeal Raisin Cookies</p> <p style="text-align: right;"><b>24</b></p>
<p><b>BREAKFAST</b> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Cream of Broccoli Soup Tuna Melt Green Salad, Three Bean Salad Cake <b>DINNER</b> Chicken Noodle Soup Beef Stew Yukon Potatoes Five Mixed Vegetables Assorted Cookies</p> <p style="text-align: right;"><b>25</b></p>	<p><b>BREAKFAST</b> French Toast, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Garden Vegetable Soup Egg Salad/ Tuna Salad Toast, Green Salad Chocolate Chip Cookies <b>DINNER</b> Mushroom Barley Soup Baked Lemon Dill Trout Sautéed Green Beans Chef's Desserts</p> <p style="text-align: right;"><b>26</b></p>	<p><b>BREAKFAST</b> Waffles, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> French Onion Soup Salmon Salad &amp; Mango Plate, Wheat Toast, Chef's Dessert <b>DINNER</b> Navy Bean Soup Baked Whole Fresh Turkey with Gravy Mashed Potatoes, Cranberry Sauce Steamed Carrots Assorted Cookies</p> <p style="text-align: right;"><b>27</b></p>	<p><b>BREAKFAST</b> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Tortilla Soup Cheese Enchiladas Rice, Beans, Salsa Peaches and Cream <b>DINNER</b> Butternut Squash Soup Baked White Fish Baked Sweet Potatoes Mixed Vegetables Chef's Cake</p> <p style="text-align: right;"><b>28</b></p>	<p><b>BREAKFAST</b> French Toast, Eggs any Style, Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Tortilla Soup Beef Tacos Rice, Beans, Salsa Assorted Dessert <b>DINNER</b> Chef's Soup Braised Beef Brisket Garlic Mashed Potatoes Blended Vegetables Peach Cobbler</p> <p style="text-align: right;"><b>29</b></p>	<p><b>BREAKFAST</b> Waffle, Eggs Any Style Hot &amp; Cold Cereal, Fresh Fruit <b>LUNCH</b> Carrot Soup Potato Latkes Marinated Cucumber &amp; Tomato Salad Rice Pudding <b>DINNER</b> Matzo Ball Soup Potato Kugel Gefilte Fish Schnitzel and Rice Honey Cake</p> <p style="text-align: right;"><b>30</b></p>	<p><b>BREAKFAST</b> Lox &amp; Bagel, Herring, Cream Cheese, Hard Boiled Egg, Cold Cereal, Fresh Fruit <b>Lunch</b> Borscht Cholent, Challah Coleslaw Moroccan Carrot Salad Chef's Cake <b>DINNER</b> Vegetable Soup Corned Beef Potato Salad, Beet Salad</p> <p style="text-align: right;"><b>31</b></p> <p style="text-align: center;">Halloween</p>