

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Corn Chowder, Tilapia, Coleslaw Sweet Potato Fries Chocolate Ice Cream DINNER Turkey Meatballs, Spaghetti Spanish Tart Cake	BREAKFAST Lox & Bagels, Hard Boiled Eggs Cold Cereals, Fresh Fruit, Prunes LUNCH Cold Borscht Soup, Egg Salad and Tuna Salad, French Bread, Garden Salad Strawberry Tart DINNER Split Pea Soup, Chicken Salad or Herbed Chicken, Beet Salad Rotini Salad w/ Veggies Chocolate Cake	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Minestrone Soup, Cheese & Vegetable Pizza, Cabbage Salad, Fresh Fruit Chocolate Mousse DINNER White Bean Soup, Meat Loaf or Herbed Chicken, Mashed Potatoes Green Beans, Banana Cake
4	5	6	7	8	9	10
BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Carrot Soup, Grilled Tilapia Baked Potato, Grilled Zucchini Chocolate Cake DINNER Minestrone Soup, Curry Chicken or Roasted Chicken, Corn on the Cob Tossed Salad w/ Garbanzo and Tomato Almond Cookies	BREAKFAST Pancakes, Eggs any Style, Prunes Hot & Cold Cereals, Fresh Fruit LUNCH Minestrone Soup, Corned Beef French Garlic Toast, Green Salad Peanut Butter Cookies DINNER Cabbage Soup, Chicken Schnitzel or BBQ Chicken, Sweet Potato, Green Salad, Chocolate Cake	BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Mushroom Barley Soup Turkey w/ Avocado Sub Sandwich, Pickle Cucumber Salad, Fresh Fruit DINNER Vegetable Soup, Stuffed Cabbage Roasted Potatoes, Fresh Ginger Carrots Baked Apples	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Pinto Bean Soup, Potato Pancake Sour Cream, Apple Sauce, Churros DINNER Kreplach Soup, Challah, Gefilte Fish Oven Fried Chicken or Roasted Chicken, Potato Kugel Sautéed Broccoli, Bread Pudding	BREAKFAST Lox & Bagels, Hardboiled Eggs Cold Cereal, Fresh Fruit, Prunes LUNCH Borscht Soup, Cholent Garden Salad, Fruit Cup DINNER Split Pea Soup, Honey Mustard Salmon or Herbed Chicken Tri-Color Pasta Salad, Dinner Roll Chocolate Chip Cookies	BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Potato Soup, Vegetable Quiche Focaccia Bread, Fresh Fruit Chocolate Pudding DINNER Cauliflower Soup, Turkey Meat Loaf or Baked Chicken, Green Beans Almandine Spinach, Coconut Cookies	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Tomato Soup, French Fries Hot Dogs and Hamburgers Oatmeal Cookies DINNER Cauliflower Soup, Rib Eye Steak Herbed Rice, Grilled Zucchini Sugar Cookies
11	12	13	14	15	16	17
BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Mushroom Soup, Chicken Lo Mein Broccoli, Fresh Fruit DINNER Tomato Soup, Turkey Meatballs Spaghetti, Broccoli Banana Cake	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Vegetable Soup, Salmon, Rice Garden Salad, Cookies DINNER Lentil Soup, Beef Fajitas Seasoned Potatoes Fruit, Jello	BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Minestrone Soup, Tuna Melt Sandwich French Fries, Garden Salad Spumoni Ice Cream DINNER Sweet Potatoes, Chicken Schnitzel or BBQ Chicken, Kasha Varnishkes Roasted Carrots, Fresh Fruit	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Corn Soup, Cheese Blintzes, Apple Sauce, Sour Cream Fresh Fruit DINNER Matza Ball Soup, Challah, Gefilte Fish Lamb Chops w/ Mint Jam or Baked Chicken, Sweet Noodle, Kugel Tossed Salad, Apple Sauce Cake	BREAKFAST Lox & Bagels, Hardboiled Eggs Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Borscht, Chinese Chicken Salad w/ Rice Noodles, Asian Dressing, Fresh Orange Slices, Bread, Chocolate Cake DINNER Split Pea Soup, Mediterranean Wraps w/ Chicken & Hummus or Baked Chicken Tabouli Marinated Cucumber & Tomato Salad, Fresh Fruit Cup	BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Broccoli Soup, Tuna Salad Garden Salad, Fresh Fruit, Fresh Bread Ice Cream DINNER Cabbage Soup Grilled Chicken Salad Chocolate Brownies	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Carrot Soup, Chicken Salad Potato Salad, Fresh Fruit Cookies DINNER Lentil Soup, Salisbury Steak w/ Mushroom Sauce, Mashed Potatoes, Green Beans Blueberry Cake
18	19	20	21	22	23	24
BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Cream of Broccoli Soup, Salmon Israeli Couscous w/ Olives and Roasted Tomatoes, Fresh Fruit DINNER Corn Soup, Curry Chicken or Roasted Chicken, Rice, Coleslaw Coconut Cookies	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Veggie Soup, Chili/ Carne Spaghetti Broccoli, Chocolate Cookies DINNER Mushroom Barley Soup, Baked Tilapia or Roasted Chicken, Mashed Potatoes Green Peas and Red Pepper Mandel Bread	BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Minestrone Soup, Tuna Melt Sandwich French Fries, Garden Salad Spumoni Ice Cream DINNER THANKSGIVING DINNER Mushroom Barley Soup Roasted Turkey w/ Cranberry Sauce Stuffing, Green Beans, Apple Cake	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Corn Soup Eggplant Parmesan, Garlic Bread Chocolate Ice Cream DINNER Matza Ball Soup, Challah, Gefilte Fish Lamb Chops w/ Mint Jam or Baked Chicken, Sweet Noodle, Kugel Tossed Salad, Apple Sauce Cake	BREAKFAST Lox & Bagels, Hardboiled Eggs Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Borscht, Chinese Chicken Salad w/ Rice Noodles, Asian Dressing, Fresh Orange Slices, Bread, Chocolate Cake DINNER Split Pea Soup, Mediterranean Wraps w/ Chicken & Hummus or Baked Chicken Tabouli Marinated Cucumber & Tomato Salad, Fresh Fruit Cup	BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Broccoli Soup, Tuna Salad Garden Salad, Fresh Fruit, Fresh Bread Ice Cream DINNER Cabbage Soup, Marinara Chicken or Roast Chicken, Mashed Potatoes Grilled Zucchini, Baked Potato Chocolate Brownies	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Carrot Soup, Chicken Salad Potato Salad, Fresh Fruit Cookies DINNER Lentil Soup, Meat Loaf Mashed Potatoes, Broccoli Chocolate Cake
25	26	27	28	29	30	31
BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Cream of Broccoli Soup, Salmon Israeli Couscous w/ Olives and Roasted Tomatoes, Fresh Fruit DINNER Corn Soup, BBQ Chicken or Roasted Chicken, Rice, Coleslaw Coconut Cookies	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Veggie Soup, Meat Sauce Spaghetti Broccoli, Chocolate Cookies DINNER Mushroom Barley Soup, Baked Tilapia or Roasted Chicken, Mashed Potatoes Green Peas and Red Pepper Mandel Bread	BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Hawaiian Chicken, Sweet Potato Fries, Hawaiian Salad, Coconut Cookies DINNER Tomato Basil Soup, BBQ Chicken, Herb Roasted Potatoes Coleslaw, Raspberry Sorbet	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Tomato Veggie Soup, Grilled Cheese Sandwiches, French Fries, Tossed Salad Watermelon Slices DINNER Kreplach Soup, Challah/ Gefilte Fish or Apricot Tequila Chicken, Potato Kugel Tzimmes, Honey Cake	BREAKFAST French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Tuna Casserole, Fresh Challah Fresh Fruit, Raspberry Sorbet Chocolate Mousse DINNER Minestrone Soup, BBQ Chicken or Roasted Chicken, Corn on the Cob Tossed Salad w/ Garbanzo and	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Broccoli Beef, Steamed Rice Fruit, Jell-O DINNER Lentil Soup, Grilled Tilapia or Roasted Chicken, Couscous Creamed Spinach, Mandel Bread	BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes LUNCH Carrot Soup, Veggie Chopped Liver Garden Salad, Focaccia Bread Ice Cream Sundae DINNER Lentil Soup, Salisbury Steak w/ Mushroom Sauce, Mashed Potatoes, Green Beans Blueberry Cake

