

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BREAKFAST Pancakes, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Carrot Soup, Lasagna, Garden Salad, Brownies DINNER Tomato Soup, Curry Chicken with Vegetables, Rice, Lemon Cake	2 BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Cabbage Soup, Teriyaki Tilapia, Creamed Corn, Sauteed Vegetables, Ice Cream DINNER Lentil Soup, Turkey Salisbury Steak, Cous-Cous, Sauteed Zucchini and Onions, Vanilla Cake	3 BREAKFAST Waffles, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Bean Soup, Cheese Ravioli, Green Beans, Butterscotch Bars DINNER French Onion Soup, Spaghetti and Meatballs, Roasted Vegetables, Jell-O	4 BREAKFAST French Toast Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Mushroom Soup, Pasta with Cheese Sauce, Caesar Salad, Sandies DINNER Split Pea Soup, Chicken Piccata, Mashed Potatoes, Sauteed Vegetables, Mandel Bread	5 BREAKFAST Pancakes, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Cauliflower Soup, Potato Pancakes, Sour Cream, Apple Sauce, Coconut Muffins DINNER Gefilte Fish, Matzah Ball Soup, Hot Corned Beef Sandwiches, Potato Salad, Tzimmes, White Cake with Mocha Frosting	6 BREAKFAST Lox and Bagels, Herring, Cream Cheese, Cold Cereals, Seasonal Fruit LUNCH Borscht, Cholent, Coleslaw, Challah, Almond Cookies DINNER Mushroom Barley Soup, BBQ Chicken, Sesame Noodles, Israeli Salad, Assorted Cakes
7 BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Carrot Soup, Salt N' Pepper Cottage Cheese Noodles, Baked Purple Cabbage and Celery, Chocolate Chip Cookies DINNER Lentil Soup, Oven Fried Chicken, Corn Bread, Sauteed Vegetables, Seasonal Fruit	8 BREAKFAST Pancakes, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Spinach Soup, Vegetable Quiche, Garlic Bread, Oatmeal Raisin Cookie DINNER Split Pea Soup, Pepper Steak Style Ground Beef, Peppers and Onions, Pasta, Powdered Doughnuts	9 BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Cauliflower Soup, Baked Salmon, Seasoned Rice, Ratatouille, Cream Puffs DINNER Minestrone Soup, Turkey Meatballs, Baked Carrots, Roasted Potatoes, Sponge Cake	10 BREAKFAST Waffles, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Potato Soup, Vegetable Pizza, French Fries, Marble Cream Cheese Bars DINNER Vegetable Soup, Orange Chicken, Asian Style Vegetables, Rice, Gingersnap Cookies	11 BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Cabbage Soup, Grilled Muenster Cheese Sandwiches, Garden Salad, Carrot Cake DINNER Onion Soup, Grilled Hot Dogs, Sweet Potato Fries, Purple Cabbage, Mandel Bread	12 BREAKFAST Pancakes, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Bean Soup, Cheese and Blueberry Blintzes, Sour Cream, Green Beans, Apple Sauce, Cinnamon Sugar Rolls DINNER Gefilte Fish, Matzah Ball Soup, Grilled Rib Steak, Roasted Potatoes, Sauteed Vegetables, Jelly Roll	13 BREAKFAST Lox and Bagels, Herring, Cream Cheese, Cold Cereals, Seasonal Fruit LUNCH Borscht, Cholent, Coleslaw, Snickerdoodle Cookies DINNER Beef Kreplach Soup, Deli Sandwiches, Broccoli Cranberry Salad, Mushroom and Onion Quinoa, Assorted Cakes
14 BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Corn Soup, Macaroni and Cheese, Garden Salad, Sugar Cookies DINNER Lentil Soup, Marinara Chicken with Noodles, Baked Vegetables, Jell-O	15 BREAKFAST Pancakes, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Spinach Soup, Eggplant Parmesan, Sweet Potato Fries, Chocolate Pudding DINNER Split Pea Soup, Grilled Beef Kabobs, Corn Salad, Grilled Peppers and Squash, Pumpkin Spice Cake with Frosting	16 BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Broccoli Soup, Grilled Tilapia, Seasoned Rice, Green Beans, Cream Puffs DINNER Minestrone Soup, Chicken Schnitzel, Corn on the Cobb, Sauteed Vegetables, Blueberry Cake	17 BREAKFAST Waffles, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Cabbage Soup, Vegetable Pizza, French Fries, Waldorf Salad, Chocolate Cake DINNER Vegetable Soup, Chicken Lo Mein with Vegetables, Applesauce Cake	18 BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Mushroom Soup, Alfredo Pasta, Peas and Carrots, Cinnamon Raisin Muffins DINNER Split Pea Soup, Turkey Meatloaf, Mashed Potatoes, Baked Vegetables, Mandel Bread	19 BREAKFAST Matzah Meal Pancakes, Egg any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Spinach Soup, Baked Salmon, Seasoned Quinoa, Broccoli, Ice Cream DINNER Chicken Matzah Ball Soup, Brisket, Haroset, Roasted Asparagus with Herbs, Seasoned Mashed Potatoes, Honey Cake	20 BREAKFAST Matzah, Cream Cheese, Yogurt, Cottage Cheese, Seasonal Fruit LUNCH Bell Peppers, Apricot Chicken, Baked Potato and Leek, Fennel Beet and Orange Salad, Macaroons DINNER Vegetable Soup with Matzah Ball, Roasted Beef with Gravy, Haroset, Pureed Carrots with Orange Ginger, Seasoned Baked Potatoes, Sorbet
21 BREAKFAST Matzah, Cream Cheese, Yogurt, Cottage Cheese, Seasonal Fruit LUNCH Tomato Soup, Chicken Schnitzel, Spinach Farfel, Roasted Mushrooms, Marble Cake DINNER Cabbage Soup, Hot Corned Beef, Seasoned Asparagus, Herbed Lemon Quinoa, Macaroons	22 BREAKFAST Matzo Brei, Eggs any Style, Farfel, Fresh Fruit, Yogurt, Cottage Cheese, Jam, Cream Cheese LUNCH Borscht, Matzah Lasagna, Baked Potatoes, Sauteed Vegetables, Marble Cake DINNER Potato Leek Soup, Meatballs, Zucchini and Peppers, Sorbet	23 BREAKFAST Matzos, Cheese and Blueberry Blintzes, Sour Cream, Apple Sauce, Eggs any Style, Farfel, Seasonal Fruit, Cottage Cheese, Cream Cheese, Jam LUNCH Cauliflower Soup, Vegetable Quiche, Farfel, Almond Cookies DINNER Vegetable Soup, Grilled Tilapia, Spinach, Roasted Sweet Potatoes, Raspberry Cake	24 BREAKFAST Matzo Brei, Eggs any Style, Farfel, Seasonal Fruit, Yogurt, Cottage Cheese, Cream Cheese, Jam LUNCH Broccoli Soup, Matzah Pizza, Garden Salad, Fruit Cake DINNER Egg Drop Soup, Cranberry Chicken, Roasted Potatoes, Israeli Salad, Jell-O	25 BREAKFAST Matzos, Cheese and Blueberry Blintzes, Sour Cream, Apple Sauce, Eggs any Style, Farfel, Seasonal Fruit, Yogurt, Cottage Cheese, Cream Cheese, Jam LUNCH Tomato Soup, Sour Cream and Fruit Plate, Matzah Kugel, Coleslaw, Macaroons DINNER Chicken Matzah Ball Soup, Oven Roasted Turkey, Gravy, Mashed Potatoes, Honey Carrots, Sorbet	26 BREAKFAST Matzah, Cream Cheese, Yogurt, Cottage Cheese, Seasonal Fruit LUNCH Potato Leek Soup, Baked Salmon, Roasted Sweet Potatoes, Green Beans, Jell-O DINNER Chicken Matzah Ball Soup, Brisket, Mashed Potatoes, Broccoli Kugel, Honey Cake	27 BREAKFAST Matzah, Cream Cheese, Yogurt, Cottage Cheese, Seasonal Fruit LUNCH Borscht, BBQ Chicken, Coleslaw, Marble Cake DINNER Cabbage Soup, Deli Sandwiches, Corn Salad, Israeli Salad, Assorted Cakes
28 BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Zucchini Soup, Grilled Muenster Cheese Sandwiches, Baked Peas and Carrots, Chocolate Chip Cookies DINNER Lentil Soup, Oven Fried Chicken, Green Beans, Roasted Potatoes, Jell-O	29 BREAKFAST Pancakes, Eggs any Style, Hot & Cold Cereals, Seasonal Fruit, Toast LUNCH Carrot Soup, Pasta with Cheese Sauce, Garden Salad, Coconut Muffins DINNER Vegetable Soup, Beef Chili Pasta, Tomato Salad, Shortcake with Strawberry Frosting	30 BREAKFAST Lox & Bagels, Herring, Cream Cheese, Cold Cereals, Seasonal Fruit LUNCH Corn Soup, Grilled Salmon, Rice, Steamed Broccoli, Cream Puffs DINNER Chicken Soup, Turkey Meatballs, Garlic Bread, Sauteed Vegetables, Blueberry Cake				