

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					<p><b>Breakfast</b> Waffles, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Lentil Soup, Grilled Cheese Sandwich, Sautéed Vegetables, Small Salad, Cake</p> <p><b>Dinner</b> Matzo Ball soup, Challah, Gefilte Fish, Schnitzel, Tahini, Rice, Vegetables, Marble Cake</p>	<p><b>Breakfast</b> Lox &amp; Bagel, Hard Boiled Egg, Herring, Cream Cheese, Cold cereal, Fresh Fruit</p> <p><b>Lunch</b> Borscht, Cholent, Coleslaw, Challah, Beet salad, Desserts</p> <p><b>Dinner</b> Vegetable Soup, Corned Beef, Potato Salad, Moroccan Carrot Salad, Coffee Cake</p>
3	4	5	6	7	8	9
<p><b>Breakfast</b> Pancake, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Lentil Soup, Egg salad, Tuna Salad, Bread, Steamed Vegetables, Assorted Ice Cream</p> <p><b>Dinner</b> Minestrone, Beef Stew, Mashed Garlic Potatoes, Glazed Carrots, Cake</p>	<p><b>Breakfast</b> French Toast, Eggs any Style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Chicken Noodle, Hot Dogs, Home Fries, Coleslaw, Baked Bean, Chef's Cake</p> <p><b>Dinner</b> Cream of Cauliflower, Baked Salmon, Steamed Rice, Sautéed Green Beans, Fresh Fruit</p>	<p><b>Breakfast</b> Waffles, Eggs any style, Hot &amp; Cold Cereal, fresh Fruit</p> <p><b>Lunch</b> Cream of Carrots, Alfredo Pasta, Vegetables, Garlic Rosemary Bread, Cookies &amp; Ice Cream</p> <p><b>Dinner</b> White Bean Soup, Baked Lemon Chicken, Grilled Vegetables, Red-Skin Roasted Potatoes, Marble Cake</p>	<p><b>Breakfast</b> Pancake, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Chef's Soup, Cheese &amp; Blueberry Blintz, Sautéed Vegetables, Small Salad, Applesauce, Fruit Cup</p> <p><b>Dinner</b> Split Pea, Beef Brisket, Mashed Garlic Potatoes, Gravy, Cauliflower, Cake</p>	<p><b>Breakfast</b> French Toast, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Potato Leek Soup, Chicken Salad Sandwich, Fries, Steamed Broccoli, Assorted Desserts</p> <p><b>Dinner</b> Chicken Noodle Soup, Grilled Tilapia, Marinated Grilled Bell Peppers, Coffee Cake</p>	<p><b>Breakfast</b> Waffles, Eggs any Style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Vegetable Soup, Pasta salad, Garlic Toast, Parmesan Zucchini, Assorted Cookies</p> <p><b>Dinner</b> Matzo Ball Soup, Challah, Gefilte Fish, Kugel, Baked Lemon Dill Tilapia, Sautéed Vegetables, Honey Cake</p>	<p><b>Breakfast</b> Lox &amp; Bagel, Hard Boiled Egg, Cream Cheese, Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Borscht, Cold Cut Salami or Turkey, Salad, Challah, Mixed Vegetables, Cake</p> <p><b>Dinner</b> Vegetable Barley Soup, BBQ Chicken, Rice, Steamed Broccoli, Ice Cream (p)</p>
10	11	12	13	14	15	16
<p><b>Breakfast</b> Pancake, Eggs any style, Hot &amp; cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Lentil Soup, Salmon Salad, Mixed Vegetables, Bread, Fruit</p> <p><b>Dinner</b> Garden Vegetables, Pasta Marinara, Meatballs, Rosemary Bread, Roasted Vegetables, Assorted Desserts</p>	<b>Veterans Day</b>	<p><b>Breakfast</b> Waffles, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Garden Vegetable Soup, Fish Tacos, Baked Beans, Rice, Salsa, Caramel Flan</p> <p><b>Dinner</b> BBQ Chicken, Rice, Peas &amp; Carrots, Assorted Desserts</p>	<p><b>Breakfast</b> Pancake, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> French Onion Soup, Beef Stir-Fry and Broccoli, Rice, Fresh Fruit Cup</p> <p><b>Dinner</b> Bean Soup, Baked Salmon and Vegetables, Rice, Cake</p>	<p><b>Breakfast</b> French Toast, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Chicken Noodle Soup, Schnitzel, Rice, Grilled Vegetables, Assorted Desserts</p> <p><b>Dinner</b> Beef Barley Soup, Salmon, Yukon Potatoes, Peas &amp; Carrots</p>	<p><b>Breakfast</b> Waffles, Eggs any Style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Barley Soup, Tuna Melt, Challah, Potato salad, Vegetables, Fruit, Assorted Desserts</p> <p><b>Dinner</b> Orzo Vegetable Soup, Schnitzel, Israeli Salad, Couscous, Cake</p>	<p><b>Breakfast</b> Lox &amp; Bagel, Hard Boiled Egg, Cream Cheese, Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Borscht, Challah, Cholent, Beet Salad, Fruit, Cookies</p> <p><b>Dinner</b> Chef's Soup, Corned Beef and Cabbage, Potato Salad, Fruit, Cake</p>
17	18	19	20	21	22	23
<p><b>Breakfast</b> Pancake, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Lentil Soup, Grilled Cheese Sandwich, Vegetables, Fruit, Cookies</p> <p><b>Dinner</b> Chicken Noodle Soup, Beef Goulash, Potatoes, Green Beans, Cake</p>	<p><b>Breakfast</b> French Toast, Eggs any Style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Cream of Corn, Baked Tilapia, Lemon Rice, Peas &amp; Carrots, Chef's Cake</p> <p><b>Dinner</b> Tomato Basil Soup, Hamburger, Fries, Coleslaw, Salad, Baked Beans, Assorted Desserts</p>	<p><b>Breakfast</b> Waffles, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Minestrone, Vegetable Lasagna with Marinara Sauce, Toast, Steamed Carrots, Bread Pudding</p> <p><b>Dinner</b> Butternut Squash Soup, Roasted Lemon Caper Chicken, Baked Yukon Potatoes, Mixed Sautéed Vegetables, Ice Cream</p>	<p><b>Breakfast</b> Pancake, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Zucchini Cabbage Soup, Baked Tilapia, Sautéed Green Beans, Couscous, Cake</p> <p><b>Dinner</b> Garden Vegetable Soup, Eggplant Casserole, Winter Vegetables, Baked Maple Glazed Apple</p>	<p><b>Breakfast</b> French Toast, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Squash Soup, Chicken Salad, Toast, Broccoli, Fruit</p> <p><b>Dinner</b> Tortilla Soup, BBQ Beef Brisket, Mashed Potatoes, Gravy, Corn and Peppers, Cake</p>	<p><b>Breakfast</b> Waffles, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Carrot Soup, Lasagna, Toast, Steamed Winter Mix, Muffin</p> <p><b>Dinner</b> Matzo Ball Soup, Gefilte Fish, Baked Chicken Quarter, Sautéed Peas &amp; Mushroom, Lemon Cake</p>	<p><b>Breakfast</b> Lox &amp; Bagel, Hard boiled Egg, Cream Cheese, Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Borscht, Egg salad, Tuna Salad, Marinated Beet Salad, Challah, Pudding</p> <p><b>Dinner</b> Chef's Soup, Chicken Salad, Potato Salad, Vegetables, Cake</p>
24	25	26	27	28	29	30
<p><b>Breakfast</b> Pancake, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Lentil Soup, Cheese and Blueberry Blintz, Sour Cream, Applesauce, Vegetables, Fruit</p> <p><b>Dinner</b> Rice &amp; Tomato Soup, Meatloaf, Mashed Potatoes, Cauliflower, Ice Cream (p)</p>	<p><b>Breakfast</b> French Toast, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Chef's Soup, Teriyaki Beef &amp; Broccoli, Rice, Cake</p> <p><b>Dinner</b> Split Pea Soup, Baked White Fish, Green Beans, Couscous, Cookies</p>	<p><b>Breakfast</b> Waffles, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Tomato Basil Soup, Vegetable Pizza, Salad, Fresh Fruit, Steamed Beans, Pudding</p> <p><b>Dinner</b> Navy Bean Soup, Beef Brisket, Roasted Red Potatoes, Sautéed Vegetables, Assorted Desserts</p>	<p><b>Breakfast</b> Pancake, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Chef's soup, Egg Salad sandwich, Salad, Fruit, Vegetables, Cake</p> <p><b>Dinner</b> Chicken Noodle Soup, Mediterranean Baked chicken with Olives, Hummus, Pita Bread, Chef's Desserts</p>	<b>Thanksgiving</b>	<p><b>Breakfast</b> Waffles, Eggs any style, Hot &amp; Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Potato, Celery &amp; Leek Soup, Vegetable Pizza, Salad, Fruit, Chocolate Cake</p> <p><b>Dinner</b> Matzo Ball Soup, Gefilte Fish, Baked Tilapia with Lemon Sauce, Zucchini, Cookies</p>	<p><b>Breakfast</b> Lox &amp; Bagel, Hard Boiled Egg, Cream Cheese, Cold Cereal, Fresh Fruit</p> <p><b>Lunch</b> Borscht, Cholent, Coleslaw, Marinated Moroccan Carrots, Corn Salad, Cake</p> <p><b>Dinner</b> Mushroom Barley Soup, Corned Beef and Cabbage, Potato Salad, Garden Salad, Orange Muffin</p>