

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Rosh Hashanah</b> 1 <b>Breakfast</b> Blueberry Pancake, Eggs any style, Hot & Cold Cereal, Fresh Fruit <b>Lunch</b> Chef's Soup, Tuna Salad on Rye, Vegetables, Fruit <b>Dinner</b> Barley Soup, Beef Stew, Mashed Potatoes, Green Beans, Coffee Cake	<b>Fast of Gedaliah</b> 2 <b>Breakfast</b> French Toast, Eggs any style, Hot & Cold Cereal, Fresh Fruit <b>Lunch</b> Bean Soup, Salmon Salad, Garlic Toast, Steamed Vegetables, Cookies & Ice Cream <b>Dinner</b> Corn Soup, Baked Lemon Rosemary Chicken, Roasted Yukon Potatoes, Peas & Carrots, Marble Cake	<b>3</b> <b>Breakfast</b> Hash Browns, Eggs any Style, Hot & Cold Cereal, Fresh Fruit <b>Lunch</b> Mushroom Barley Soup, Grilled Cheese Sandwich, Garlic Fries, Vegetables, Fruit, Assorted Desserts <b>Dinner</b> Garden Vegetable Soup, Baked Lemon Dill Tilapia, Steamed Rice, Glazed Carrots, Orange Muffin	<b>4</b> <b>Breakfast</b> Waffles, Eggs any Style, Hot & Cold Cereal, Fresh Fruit <b>Lunch</b> Tomato Basil Soup, Cheese Enchiladas, Beans, Spanish Rice, Salsa, Churros <b>Dinner</b> Matzo ball Soup, Challah, Gefilte Fish, Potato Kugel, Sautéed Vegetables, Cake	<b>5</b> <b>Breakfast</b> Lox & Bagel, Herring, Cream Cheese, cold Cereal, Fresh Fruit <b>Lunch</b> Borscht, Cholent, Coleslaw, Challah, Fresh Fruit <b>Dinner</b> Vegetable Soup, Cold Cut salami or Turkey, Israeli salad, Potato Salad, Assorted Desserts
<b>6</b> <b>Breakfast</b> French Toast, Eggs any style, Hot & Cold Cereal, Fresh Fruit <b>Lunch</b> Garden Vegetable Soup, Egg Salad, Tuna Salad on bed of Lettuce, Toast, Fresh Fruit <b>Dinner</b> Lentil Soup, Classic Meatloaf, Mashed Red Skin Potatoes, Winter mixed Vegetables, Raisin Oatmeal Cookies	<b>7</b> <b>Breakfast</b> Blueberry Pancake, Eggs any style, Hot & Cold Cereal, Fresh Fruit <b>Lunch</b> Split Pea Soup, Grilled Tilapia, Lemon Rice, Side Salad and Vegetables, Fruit <b>Dinner</b> Cauliflower Soup, Hamburger, Potato Salad, Cole Slaw, Chef's Cake	<b>Erev Yom Kippur</b> 8 <b>Breakfast</b> Eggs any Style, Oatmeal, Cold Cereal, Fresh Fruit <b>Lunch</b> Chef's Soup Grilled Cheese sandwich, Potato salad, Vegetable Salad, Chocolate Chip Cookies <b>Dinner</b> Tuna Salad, Egg Salad, Rye Bread, Cole Slaw, Ice Cream (P)	<b>Yom Kippur - Yizkor</b> 9 <b>Breakfast</b> Lox & Bagel, Cream Cheese, Cold Cereal, Fresh Fruit <b>Lunch</b> Borscht, Cole Slaw, Challah, Tuna Salad, Egg salad, Cookies <b>Dinner</b> Chef's Soup, Chicken Wrap, Vegetables, Israeli Salad, Cake	<b>10</b> <b>Breakfast</b> Blueberry Pancake, Eggs any style, Hot & Cold Cereal, Fresh Fruit <b>Lunch</b> Cream of Carrot Soup, Cheese and Blueberry Blintz, Applesauce, Sour Cream, Mixed Vegetables, Muffin <b>Dinner</b> Potato, Leek Soup, Lamb Stew, Israeli Couscous, Grilled Mixed Vegetables, Coffee Cake	<b>11</b> <b>Breakfast</b> Pancake, Eggs any style, Hot & Cold Cereal, Fruit <b>Lunch</b> Tomato Vegetable Soup, Grilled Cheese sandwich, Tossed salad, Seasonal Fruit <b>Dinner</b> Matzo ball soup, Challah, Potato Kugel, Grilled Trout, Sautéed Vegetables, Cake	<b>12</b> <b>Breakfast</b> Lox & Bagel, Hard Boiled Eggs, Cold Cereal, Fresh Fruit <b>Lunch</b> Borscht, Egg and Tuna Salad, Potato Salad, Corn Salad, Cookies <b>Dinner</b> Split Soup, Mediterranean Wrap Hummus, Marinated Cucumbers & Tomato salad, Fresh Fruit Cup
<b>Erev Sukkot</b> 13 <b>Breakfast</b> French Toast, Eggs any style, Hot & Cold Cereal, Fresh Fruit <b>Lunch</b> Cream of Broccoli, Salmon Caesar salad, Croutons, Corn Bread, Fruit <b>Dinner</b> Chicken Noodle Soup, Beef Brisket, Mashed Potatoes with Gravy, Sautéed Green Beans, Marble Cake	<b>Sukkot</b> 14 <b>Breakfast</b> Eggs, Fresh Fruit, Cereal, Lox & Bagel, Cream Cheese <b>Lunch</b> Chef's Soup, Egg Salad Sandwich, Beet salad, Coleslaw, Chocolate Cookies <b>Dinner</b> Vegetable Barley Soup, BBQ Brisket, Mashed Garlic Potatoes, Green Beans, Strawberry Cake	<b>Sukkot</b> 15 <b>Breakfast</b> Cereal, Fruit, Eggs, Bagel, Cream Cheese <b>Lunch</b> Chef's Soup, Salmon Salad with Croutons, Corn Muffin, Fruit <b>Dinner</b> Schnitzel, Tossed Tomato onion Salad, Pita Bread, Hummus, Assorted Desserts	<b>Sukkot</b> 16 <b>Breakfast</b> French Toast, Eggs any Style, Cold & Hot Cereal, Fresh Fruit <b>Lunch</b> Zucchini cabbage Soup Grilled Hot Dogs, Baked Beans, Cole Slaw, French Fries, Fruit <b>Dinner</b> Split Pea Soup, Beef goulash, Mashed Red Skin Potatoes, Glazed Carrots, Lemon Cake	<b>Sukkot</b> 17 <b>Breakfast</b> Hash Brown, Eggs any Style, Hot & cold Cereal, Fresh Fruit <b>Lunch</b> Garden Vegetable Soup, Pasta Alfredo with Salmon and Vegetables, Garlic Bread, Cookies <b>Dinner</b> Squash Soup, Rosemary Baked Chicken, Garden Rice, Winter Mixed Vegetables, Chef's Cake	<b>Sukkot</b> 18 <b>Breakfast</b> Eggs any style, Hot & Cold Cereal, Fruit, Hash Brown <b>Lunch</b> Minestrone, Vegetable Lasagna, Garlic Toast, Sautéed Parmesan Zucchini, Cake <b>Dinner</b> Matzo Ball Soup, Schnitzel, Pita, Rice, Grilled Vegetable, Baked Glazed Apples	<b>Sukkot</b> 19 <b>Breakfast</b> Lox & Bagel, Herring, Cream Cheese, Cold Cereal, Fresh Fruit <b>Lunch</b> Borscht, Cholent, Coleslaw, Challah, Fresh Fruit <b>Dinner</b> Mushroom Barley Soup, BBQ Chicken, Rice Mixed Vegetables, Assorted Cakes, Fruit
<b>Sukkot</b> 20 <b>Breakfast</b> Cereal, Hard Boiled Eggs, Fruit, Herring, Cream Cheese, Bagel <b>Lunch</b> Chef's Soup, Tuna salad sandwich, Salad, Fruit Cup, Assorted Ice Cream <b>Dinner</b> Garden Soup, Deli Turkey Sandwich on Rye, Vegetables, Potato Salad, Orange Cake	<b>Shemini Atzerrat</b> 21 <b>Breakfast</b> Cereal, Eggs, Fruit, Bagel Cream Cheese, Fruit <b>Lunch</b> Chef's Soup, Challah, Egg Salad, Tuna Salad, Golden Beet Salad, Ice Cream <b>Dinner</b> Deli Turkey Sandwich, Moroccan Carrot Salad, Vegetable Mixed, Cake	<b>Simchat Torah</b> 22 <b>Breakfast</b> Lox & Bagel, Cream Cheese, Hard Boiled Eggs, Cold Cereal, Fruit <b>Lunch</b> Egg salad sandwich, Side Salad, Steamed Vegetables mix, seasonal Fruit <b>Dinner</b> Beef Brisket, Roasted Rosemary Yukon Potatoes, Sautéed Butternut Squash, Assorted Desserts	<b>23</b> <b>Breakfast</b> Hash Brown, Eggs any Style, Hot & Cold Cereal, Fresh Fruit <b>Lunch</b> Lentil Soup, Cheese and Blueberry Blintz, Applesauce, Sour Cream, Broccoli Salad, Cake <b>Dinner</b> Chicken Noodle Soup, Beef Stew with Vegetables, Roasted Red Potatoes, Steamed Carrots, Baked Glazed apple	<b>24</b> <b>Breakfast</b> Waffles, Eggs any Style, Cold & Hot Cereal, Fresh Fruit <b>Lunch</b> White Bean Soup, Vegetable Lasagna, Toast, Side Salad and Fruit <b>Dinner</b> Orzo Vegetable Soup, Schnitzel, Tahinni, Rice, Marinated Grilled Bell Pepper, Assorted Chef's Desserts	<b>25</b> <b>Breakfast</b> French Toast, Eggs any Style, Hot & Cold Cereal, Fruit <b>Lunch</b> Chicken Vegetable soup, Pastrami sandwich, Coleslaw, Potato salad, assorted Cookies <b>Dinner</b> Bean Soup, Beef Stew with Potatoes, Steamed Carrots, carrot Cake	<b>26</b> <b>Breakfast</b> Lox & Bagel, Hard Boiled Eggs, Cream Cheese, Cold Cereal, Fresh Fruit <b>Lunch</b> Borscht, Egg Salad, Tuna salad, Marinated Beet salad, French Bread Pudding <b>Dinner</b> Split Pea Soup, Chicken Salad, Potato salad with Vegetables
<b>27</b> <b>Breakfast</b> Blueberry Pancakes, Fruit, Hot & Cold Cereal, Eggs any Style <b>Lunch</b> Cream Of Corn, Baked Lemon Parmesan Tilapia, Sautéed Vegetables, Ice Cream Fruit <b>Dinner</b> Minestrone, Beef and Broccoli, Rice Marble Cake	<b>28</b> <b>Breakfast</b> French Toast, Eggs any Style, Hot & Cold Cereal, Fresh Fruit <b>Lunch</b> Tomato Basil Soup, Corned Beef Sandwich with Cabbage, garlic Fries, Salad, Fresh fruit, Oatmeal Raisin Cookies <b>Dinner</b> Squash Soup, Caper Lemon baked Chicken, Yukon Potatoes, Peas & Carrots, Ice Cream	<b>29</b> <b>Breakfast</b> Hash Brown, Eggs any Style, Fresh Fruit, Hot & Cold Cereal <b>Lunch</b> Cream of Mushroom, Potato Vegetables Pancakes, Applesauce <b>Dinner</b> Vegetable Soup, Apricot Chicken, Couscous, Sautéed Butternut Squash, Apple Cake	<b>30</b> <b>Breakfast</b> French Toast, Eggs any Style, Hot & Cold Cereal, Fruit <b>Lunch</b> Rice Vegetable Soup, Hamburger, Fries, Salad, Fruit, Assorted Desserts <b>Dinner</b> Peas Soup, Baked Salmon, Garden Rice, Broccoli, Cake	<b>31</b> <b>Breakfast</b> Waffle, Eggs any Style, Hot & Cold Cereal, Fruit <b>Lunch</b> Cream Of Broccoli, Tuna Casserole, Sautéed Beans, Corn Muffin <b>Dinner</b> Garden Vegetables soup, Orange Chicken, Rice and Vegetables, Assorted Desserts		