

Tuesday, October 1

- Baked Pollak w/ Lemon Sauce
- Mixed Vegetable Blend
- Broccoli Salad
- Chicken Soup

Wednesday, October 2

- BBQ Chicken
- Yam
- Tri Color Cole Slaw
- Brown Rice

Thursday, October 3

HOLIDAY ROSH HASHANAH

Friday, October 4

HOLIDAY ROSH HASHANAH

Monday, October 7

- Chicken Adobo
- Green peas
- Mesclun Salad
- Brown Rice

Tuesday, October 8

- Turkey Milanese
- Cauliflower & Zucchini
- Carrot Raisin Salad
- Linguine W/ Pesto

Wednesday, October 9

- Salmon w/ Dill Sauce
- Split Pea Soup
- Green Beans
- Chopped Salad

Thursday, October 10

- Asian Beef Stir Fry
- Mixed Asian Veg
- Beet Salad
- Hot & Sour Soup

Friday, October 11

- Vegetarian Chili
- Herb Roasted Carrots
- Mixed Salad
- Barley

Monday, October 14

- Spaghetti w/ Meat Sauce
- Broccoli
- Green Beans
- Caesar Salad

Tuesday, October 15

- Beef Fajitas
- Pinto Beans
- Corn
- Tortilla

Wednesday, October 16

- Mediterranean Chicken
- Roasted Vegetables
- Lentil Salad
- Brown Rice Pilaf

Thursday, October 17

HOLIDAY SUKKOT

Friday, October 18

HOLIDAY SUKKOT

Monday, October 21

- Fish Creole
- Red Beans
- Creamy Coleslaw
- Tortilla

Tuesday, October 22

- Chicken Dijon
- Herb Zucchini & Green Beans
- Chopped Salad
- Fresh Fruit

Wednesday, October 23

- Stuffed Bell Pepper
- Mixed Vegetables
- Romaine Salad
- Dinner Roll

Thursday, October 24

HOLIDAY SHEMINI ATZERET

Friday, October 25

HOLIDAY SIMCHAT TORAH

Monday, October 28

- Savory Beef Stew
- Mashed Potatoes
- Roasted Brussel Sprouts
- Whole Grain Roll

Tuesday, October 29

- Turkey Vegetable Stir Fry
- Cabbage Cucumber Salad
- Lo Mein Noodles
- Whole Grain Bread

Wednesday, October 30

- Caribbean Chicken
- Corn
- Vegetable Soup
- Brown Rice Pilaf

Thursday, October 31

- Bolognese W/ Penne Pasta
- Herbed Zucchini & Squash
- Caesar Salad
- Fruit Cup

- Menu subject to change
- \$3 suggested donation

