



<u>Monday</u> October 12, 2020	<u>Tuesday</u> October 13, 2020	<u>Wednesday</u> October 14, 2020	<u>Thursday</u> October 15, 2020	<u>Friday</u> October 16, 2020	<u>Saturday</u> October 17, 2020	<u>Sunday</u> October 18, 2020
<u>Breakfast/Dairy</u> Choice of Juice Cream of Wheat Scrambled Eggs Home Fries Mandarin Oranges	<u>Breakfast/Dairy</u> Choice of Juice Oatmeal Challah French Toast w/ Syrup Cottage Cheese Pineapple	<u>Breakfast/Dairy</u> Choice of Juice Cream of Wheat Cheesy Omelet Veg. Bacon Strips Bananas	<u>Breakfast/Dairy</u> Choice of Juice Oatmeal Egg & Cheese Croissant Vegetarian Sausage Pears	<u>Breakfast/Dairy</u> Choice of Juice Cream of Wheat Southwest Frittata Bagel/Cream Cheese Peaches	<u>Breakfast/Dairy</u> Choice of Juice Cold Cereal Yogurt & Fruit Parfait Coffee Cake	<u>Breakfast/Dairy</u> Choice of Juice Oatmeal Pancakes Vegetarian Sausage Apricots
<u>Alternate</u> French Toast	<u>Alternate</u> Scrambled Eggs w/ Cheese	<u>Alternate</u> Waffle w/ Syrup	<u>Alternate</u> Mixed Berry Pancakes	<u>Alternate</u> French Toast	<u>Alternate</u> Hard Boiled Egg	<u>Alternate</u> Cheese Omelet
Available Breakfast Alternates Waffles, Pancakes, Fruit and Yogurt Parfait, Oatmeal with Fresh Berries, Lox and Bagel, Bagels, Hard Boiled Eggs, Cottage Cheese, Fresh Baked Muffins, Danish, Cheese Omelet, Cold Cereal Selections(Cheerios, Raisin Bran, Rice Krispies, Corn Flakes) Juices (Orange, Apple, Cranberry, Tomato), Coffee and Tea, 1% and Chocolate Milk						
<u>Lunch/Dairy</u> Broccoli & Egg Salad Pierogies with Cheese and Caramelized Onions Sauteed Pepper Medley Black Forest Cake <u>Alternate</u> SW Mushroom "Burger"	<u>Lunch/Dairy</u> Tossed Salad Cheese & Herb Tilapia Rice Pilaf Roasted Zucchini Bread Pudding <u>Alternate</u> Vegetable Lasagna	<u>Lunch/Dairy</u> Cheddar Broccoli Chowder Meatless Baked Ziti Ratatouille Cheesecake <u>Alternate</u> Open Face Tuna & Tomato Melt	<u>Lunch/Dairy</u> Tossed Salad Loaded Baked Potato Cheese & Sour Cream Broccoli Cinnamon Spice Cake <u>Alternate</u> Harvest Vegetable Quiche	<u>Lunch/Dairy</u> Vegetable Soup Cheese Blintz with Sour Cherry Sauce Succotash Chocolate cake with Peanut Butter Icing <u>Alternate</u> Breaded Flounder	<u>Lunch/Dairy</u> Tossed Salad Two Bean Chili Cornbread Muffin Mixed Berry Shortcake <u>Alternate</u> Mock Seafood Salad on Croissant	<u>Lunch/Dairy</u> Caesar Salad Fettuccine Alfredo Sauteed Spinach Ice Cream <u>Alternate</u> Battered Fish on a Bun Lettuce/Tomato
Available Dairy Alternates Stuffed Shells, Vegetarian Stir Fry, Eggplant Parmesan, Vegetarian Soup, Tossed Salad with choice dressing, Tuna Salad Sandwich, Egg Salad Sandwich, Grilled Cheese Sandwich, Fried Egg & Cheese Sandwich, Baked Fish, Buttered Pasta, Cottage Cheese & Fruit Plate Side Items - French Fries, Baked Potato, Broccoli, Green Beans, Mashed Potatoes, Steamed Rice, Desserts - Chocolate or vanilla Pudding Regular and Sugar Free, Chocolate, vanilla or Strawberry Ice cream, Fresh Fruit Cup, Jell-O Juices (Orange, Apple, Cranberry, Tomato), Coffee and Tea, 1% and Chocolate Milk, Iced Tea, Soda						
<u>Dinner/Meat</u> Rstd. Carrot, Apple Celery Soup Stuffed Peppers Noodle Kugel Seasoned Peas Apple Cherry Crisp <u>Alternate</u> Grilled Salmon	<u>Dinner/Meat</u> Pepper Slaw Fresh Grilled Burger on a Bun Lettuce & Tomato Sweet Potato Fries Iced Blueberry Cake <u>Alternate</u> Knockwurst & Kraut	<u>Dinner/Meat</u> Spinach Salad Irish Beef Stew Fresh Vegetable Medley Dinner Roll Tropical Fruit Salad <u>Alternate</u> Chicken Paprikash	<u>Dinner/Meat</u> Tossed Salad Spaghetti & Meatballs Italian Blend Vegetables Garlic Bread Cinnamon Applesauce <u>Alternate</u> Grilled Reuben Sandwich	<u>Dinner/Meat</u> Matzo Ball Soup Chicken Marsala Wild Rice Pilaf Shaved Brussel Sprouts Challah Oatmeal Cookies <u>Alternate</u> Salmon Cakes	<u>Dinner/Meat</u> Macaroni Salad Slow Roasted BBQ Brisket BBQ Beans Dinner Roll Berry Cobbler <u>Alternate</u> Turkey Sandwich with Chips	<u>Dinner/Meat</u> Creamy Coleslaw Fried Chicken Mashed Potato Harvard Beets Peach Tart <u>Alternate</u> Beef Lo Mein
AVAILABLE DINNER ALTERNATE Vegetarian Stir Fry, Vegetarian Pot Pie, Vegetable Soup, Chef Salad with choice dressing, Sandwiches- (Corned Beef, Pastrami, Turkey, Fresh Grilled Burger, Kosher Hot Dog, Chicken Tenders, Roasted Chicken, Broiled Salmon, Fruit Plate Side Items - French Fries, Baked Potato, Broccoli, Green Beans, Mashed Potatoes, Steamed Rice, Desserts - Chocolate, Vanilla Parve Ice-cream, Fresh Fruit Cup, Jell-O Regular, Juices (Orange, Apple, Cranberry, Tomato), Coffee and Tea, Iced Tea, Soda						