

<u>Monday</u> January 10, 2022	<u>Tuesday</u> January 11, 2022	<u>Wednesday</u> January 12, 2022	<u>Thursday</u> January 13, 2022	<u>Friday</u> January 14, 2022	<u>Saturday</u> January 15, 2022	<u>Sunday</u> January 16, 2022
<b><u>Breakfast/Dairy</u></b> Choice of Juice Cream of Wheat Scrambled Eggs Home Fries Mandarin Oranges	<b><u>Breakfast/Dairy</u></b> Choice of Juice Oatmeal Challah French Toast w/ Syrup Cottage Cheese Pineapple	<b><u>Breakfast/Dairy</u></b> Choice of Juice Cream of Wheat Cheesy Omelet Veg. Bacon Strips Bananas	<b><u>Breakfast/Dairy</u></b> Choice of Juice Oatmeal Egg & Cheese Croissant Vegetarian Sausage Pears	<b><u>Breakfast/Dairy</u></b> Choice of Juice Cream of Wheat Southwest Frittata Bagel/Cream Cheese Peaches	<b><u>Breakfast/Dairy</u></b> Choice of Juice Cold Cereal Yogurt & Fruit Parfait Coffee Cake	<b><u>Breakfast/Dairy</u></b> Choice of Juice Oatmeal Pancakes Vegetarian Sausage Apricots
<b><u>Alternate</u></b> French Toast	<b><u>Alternate</u></b> Scrambled Eggs w/ Cheese	<b><u>Alternate</u></b> Waffle w/ Syrup	<b><u>Alternate</u></b> Mixed Berry Pancakes	<b><u>Alternate</u></b> French Toast	<b><u>Alternate</u></b> Hard Boiled Egg	<b><u>Alternate</u></b> Cheese Omelet
<b>AVAILABLE BREAKFAST ALTERNATIVE</b>						
<b>Entrees</b> - Waffles, Pancakes, Fruit & Yogurt Parfait, Oatmeal, Lox & Bagel plate, Cheese Omelet, Scrambled Eggs, Egg & Cheese Sandwich and Vegetable Omelet						
<b>Side Items</b> - Home Fries, Vegetarian Bacon, Vegetarian Sausage, Bagels, Toast, Hard Boiled Eggs, Cottage Cheese, Yogurt, Muffins, Danish, Seasonal Fresh Fruit						
<b>Cold Cereal Selections</b> - Mini Wheats, Special K, Cinnamon Toast Crunch, Cheerios, Honey Nut Cheerios, Raisin Bran, Bran Flakes, Rice Krispies and Corn Flakes						
<b>Beverages</b> - Orange, Apple, Cranberry, Tomato, SF Cranberry juices, Coffee, Tea, Whole Milk, 2%, Fat Free, Chocolate Milk, Almond Milk and Soy Milk						
<b><u>Lunch/Dairy</u></b> Pastina Soup Eggplant and Spinach Parmesan Buttered Pasta Cauliflower  Lemon Bar  <b><u>Alternate</u></b>  Beyond CheeseBurger	<b><u>Lunch/Dairy</u></b> Italian Tossed Salad  Tuscan Tortellini  Roasted Zucchini Sticks  Cannoli  <b><u>Alternate</u></b>  Baked Salmon with Tomato Butter	<b><u>Lunch/Dairy</u></b> Caesar Salad  Macaroni and Cheese Stewed Tomatoes  Rugalach <b><u>Alternate</u></b> Vegetable Hummus Wrap	<b><u>Lunch/Dairy</u></b> Baked Potato Chowder  Grilled Veg & Cheese Pizza  Milk & Cookie Pie <b><u>Alternate</u></b> Egg & Olive Salad Sandwich on Croissant	<b><u>Lunch/Dairy</u></b> Cream of Tomato Soup  Grilled Cheese Carrots Funnel Fries  <b><u>Alternate</u></b>  Tortilla Spinach Lasagna	<b><u>Lunch/Dairy</u></b> Tossed Salad  Vegetable Lentil Stew Green Beans  Vanilla Cupcake <b><u>Alternate</u></b>  Tuna Salad Platter	<b><u>Lunch/Dairy</u></b> Cucumber Salad  Seafood Stuffed Flounder  Peas and Mushrooms Jello Parfait <b><u>Alternate</u></b> Cottage Cheese and Fruit Platter
<b>AVAILABLE LUNCH ALTERNATIVE</b>						
<b>Entree</b> - Stuffed Shells with Marinara Sauce, Beyond® Cheeseburger, Eggplant Parmesan, Vegetable Soup, Tossed Salad, Tuna Salad Sandwich, Egg Salad Sandwich, Chef Salad, Grilled Cheese Sandwich, Fried Egg & Cheese Sandwich, Baked Fish, Buttered Pasta, Cottage Cheese & Fruit Plate, Cheese & Fruit Plate, Gefilte Fish Platter, Borscht						
<b>Side Items</b> - French Fries, Mashed Potatoes, Baked Potato, Broccoli, Green Beans and Steamed Rice,						
<b>Desserts</b> - Chocolate or Vanilla Pudding (Regular or S/F), Chocolate, Vanilla or Strawberry Ice-cream, Fresh Fruit Cup and Jell-O						
<b>Beverages</b> - Orange, Apple, Cranberry, Tomato, SF Cranberry juices, Soda (regular, diet) Coffee, Tea, Whole Milk, 2%, Fat Free, Chocolate Milk, Almond Milk and Soy Milk						
<b><u>Dinner/Meat</u></b> Tossed Salad Date and Nut Stuffed Turkey Breast Sweet Potato Kugel Roasted Squash  Peaches <b><u>Alternate</u></b> Pastrami Ryebein with 1000 Island	<b><u>Dinner/Meat</u></b> Wild Mushroom Barley  Sauerbraten  Braised Cabbage  Dinner Roll Baked Apple Slices <b><u>Alternate</u></b> Vegetable Omelette	<b><u>Dinner/Meat</u></b> Vegetarian Noodle Soup  Meatloaf with Gravy Mashed Potatoes  Wax Beans Wheat Dinner Roll Yellow Cake with Frosting <b><u>Alternate</u></b> Liverwurst and Onions	<b><u>Dinner/Meat</u></b> Tossed Salad Chicken Schnitzel w/ Lemon Sauce Egg Noodles Sliced Beets  Red Velvet Cookies <b><u>Alternate</u></b> Goulash	<b><u>Dinner/Meat</u></b> Matzo Ball Soup Prime Rib w/ Roasted Mushrooms Potato Kugel Fresh Vegetable Blend Challah Lemon Coconut Cake <b><u>Alternate</u></b> Grilled Marinated Chicken Thigh	<b><u>Dinner/Meat</u></b> Pasta Salad Chicken Apple Salad on Croissant Lettuce & Tomato Chips Italian Ice <b><u>Alternate</u></b> Corned Beef on Rye	<b><u>Dinner/Meat</u></b> Tossed Salad  Spaghetti Bolognese Garlic Bread Sauteed Spinach Blush Pears <b><u>Alternate</u></b> Chicken Scampi over Pasta
<b>AVAILABLE DINNER ALTERNATIVE</b>						
<b>Entree</b> - Vegetarian Stir Fry, Chef Salad with dressing, Chicken Tenders, Roasted Chicken, Grilled Salmon, Gefilte Fish Platter, Borscht						
<b>Sandwiches</b> - Corned Beef, Pastrami, Turkey, Tuna Salad, Egg Salad, Fresh Grilled Burger, Beyond® Burger, Kosher Hot Dog						
<b>Side Items</b> - French Fries, Baked Potato, Mashed Potatoes, Broccoli, Green Beans, Mashed Potatoes, Steamed Rice,						
<b>Desserts</b> - Chocolate, Vanilla Parve Ice-cream, Fresh Fruit Cup, Jell-O Regular,						
<b>Juices</b> - Orange, Apple, Cranberry, Tomato, SF Cranberry juices, Coffee, Hot Tea, Iced Tea, Soda (regular, diet)						