

## **January 15-19**

**Tuesday: Garden Salad with dressing. BBQ chicken, white rice pilaf, potato salad, Brownies**

**Wednesday: Caesar salad. Meat loaf, roast potatoes and peas. Coffee cake.**

**Thursday: Israeli Salad. Deli platter, cornbeef, roast beef, Russian dressing, mustard & mayo. Apple cinnamon**

**Friday: Spinach salad and mushrooms, vinaigrette. Chicken schnitzels, rice pilaf & vegetable medley. Coffee cake.**

## **January 22-26**

**Monday: Oriental noodle salad. Sautéed salmon, white rice. Cookie platter**

**Tuesday: Israeli Salad. Roast turkey, gravy, stuffing and vegetables. Apple crisp**

**Wednesday: Garden salad with dressing. Beef stroganoff with vegetables, noodles. Brownie.**

**Thursday: Caesar salad. Stir Fry chicken with vegetables, wild rice pilaf. Pastry platter.**

**Friday: Tofu salad. Stir-fry eggplant, stir-fry Asian greens. Rugala Platter.**

## **January 29-February 2**

**Monday: Caesar Salad. Chicken Primavera and Pasta. Marinara Sauce. Brownies**

**Tuesday: Garden salad with dressing. Linguini with marinara meat sauce, garlic bread. Apple crisp.**

**Wednesday: Sweet Carrot salad. Honey salmon, citrus couscous, green beans, cookie platter.**

**Thursday: Israeli Salad. Stir Fry tofu with Asian greens, white rice. Coffee cake.**

**Friday: Chick pea salad. Deli platter, Cole slaw. Chocolate cake.**

## **February 5-9**

**Monday: Israeli Salad. Beef stroganoff with veggies, noodles. Blueberry pie.**

**Tuesday: Garden Salad. Turkey pot pie with vegetables and potatoes. Chocolate cake.**

**Wednesday: Caesar Salad. Meat loaf, roasted potatoes, green beans and tomatoes. Brownie.**

**Thursday: Moroccan Sweet Carrot Salad. Salmon provincial and Pasta. Coffee cake**

**Friday: Chick Pea salad. Honey roast chicken. Noodle kugel, oriental vegetables. Apple pie.**

## **February 12-16**

**Monday: Pasta Salad with grilled vegetables. BBQ chicken, potato kugel, peas and carrots. Brownie.**

**Tuesday: Garden Salad with dressing, shepherds pie topped with mashed potatoes. Apple crisp.**

**Wednesday: Chick Pea salad. Chicken broccoli and ziti. Cookie platter**

**Thursday: Israeli Salad. Salmon scampi, White rice, vegetable medley. Mini pastry platter.**

**Friday: Spinach salad with vinaigrette. Hosi Chicken, noodle kugel, oriental vegetables. Coffee cake.**

## **February 19- 23**

**Monday: Green Salad with dressing. Beef stew and vegetables with potatoes. Cookie platter.**

**Tuesday: Spinach salad with vinaigrette. Baked haddock with tomato sauce, pasta and a vegetable medley. Apple pie.**

**Wednesday: Oriental noodle salad. Asian stir fry chicken with fried rice. Coffee cake.**

**Thursday: Chick Pea Salad. Chicken Dijon with mushrooms and white rice. Blueberry pie.**

**Friday: Pasta salad with vegetables. Honey roasted chicken with potato kugel and grilled vegetables. Brownie.**

## **February 26- March 1**

**Monday: Garden salad with dressing. Teriyaki chicken with wild rice and a vegetable medley. Apple crisp.**

**Tuesday: Tri colored pasta salad. Eggplant cutlet with pastas and marinara sauce. Cookie platter.**

**Wednesday: Israeli salad. Roast turkey with stuffing, cranberries, and gravy. Coffee cake.**

**Thursday: Chick pea salad. Salmon piccata with rice and carrots. Brownie.**

**Friday: SPRING BREAK**

## **March 12- 16**

**Monday: Garden salad with dressing. Meat loaf with mashed potatoes and carrots. Cookie platter.**

**Tuesday: Chick pea salad. Baked scrod, new potatoes with parsley, peas and carrots. Apple pie.**

**Wednesday: Pasta salad. Chicken Schnitzel with rice and broccoli. Coffee cake**

**Thursday: Chick pea salad. Stir fry eggplant, tofu, rice mede, carrots. Fruit platter.**

**Friday: Sweet carrot salad. Chicken pot pie with vegetables and potatoes. Brownie.**

## **March 19- 23**

**Monday: Caesar salad. Chicken piccata with broccoli and white rice. Blueberry pie.**

**Tuesday: Garden salad with dressing. Pasta primavera with marinara sauce. Apple crisp.**

**Wednesday: Israeli salad. Beef stew with vegetables and potatoes. Cookie platter.**

**Thursday: Cole slaw. Deli platter. Brownie.**

**Friday: Spinach salad with vinaigrette. Chicken Marsalis with grilled vegetables. Carrot cake.**

## **March 26- 30**

**Monday: Garden salad with dressing.  
Chicken broccoli with ziti and garlic bread.  
Cookie platter.**

**Tuesday: Chick pea salad. Honey salmon with  
citrus couscous and a vegetable medley.  
Brownie.**

**Wednesday: Israeli salad. Shepherd's pie.  
Apple crisp.**

**Thursday: Oriental noodle salad. Eggplant  
with portabella mushrooms and pasta.  
Blueberry pie.**

**Friday: Spinach salad with vinaigrette.  
Roast turkey with stuffing, vegetables and  
gravy. Chocolate cake.**

**April 2- 6**

**Monday: PASSOVER**

**Tuesday: PASSOVER**

**Wednesday: PASSOVER**

**Thursday: PASSOVER**

**Friday: PASSOVER**

**April 9- 13**

**Monday: PASSOVER**

**Tuesday: PASSOVER**

**Wednesday: Israeli salad. Deli platter.  
Blueberry pie.**

**Thursday: Pasta salad. Deli platter. Brownie.**

**Friday: Chick pea salad. Stir fry beef with  
white rice and oriental vegetables. Fruit  
platter.**

## **April 23- 26**

**Monday: Garden salad. Honey roast chicken with grilled vegetables and garlic mashed potatoes. Cookies.**

**Tuesday: Israeli salad. Shepherd's pie. Brownies.**

**Wednesday: Caesar salad. Meatloaf with roasted potatoes and vegetables. Apple crisp.**

**Thursday: Pasta salad. Deli platter and Cole slaw. Fruit platter.**

**Friday: SUMMER BREAK**