

October 2017 Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Tossed Salad Root Veg. Soup Hawaiian Chicken Stuffed Cabbage Fish Du Jour♥* Served with Potato & Veg. Dessert or Fresh Fruit</p>	<p>2 Tossed Salad Cream of Broccoli Soup Mac & Cheese Fish Du Jour♥* Served w/Pasta & Veg. Cold Selection: Tuna, Egg, & Potato Salad Ice Cream or Fresh Fruit</p>	<p>3 Health Salad Mushroom-Barley Soup Chicken Italiano Meatballs & Spaghetti Fish Du Jour♥* Served w/Pasta & Peas Dessert or Fresh Fruit</p>	<p>4 Sukkot Eve. Tossed Salad Chicken Orzo Soup Oriental Chicken Beef Stir-Fry Crispy Fish Filet Served with Lo Mein With Vegetables Dessert or Fresh Fruit</p>	<p>5 SUKKOT Marin. Mushroom Salad Hot Hors d'oeuvres Butternut Bisque Chicken Marsala Fish Du Jour*♥ Served with Rice & Green Beans Dessert or Fresh Fruit</p>	<p>6 SUKKOT Tossed Salad Gefilte Fish Appet. Chicken Noodle Soup Roast Chicken*♥ Veal Tuscany Grilled Salmon*♥ Served w/Sweet Potato Pie & Cauliflower Dessert or Fresh Fruit</p>	<p>7 Tossed Salad Roasted Chicken*♥ Deli Plate Baked Salmon*♥ Served with Potato & Health Salad Dessert or Fresh Fruit</p>
<p>8 Tossed Salad Vegetable Soup Chicken Marinara Fish Du Jour♥* Ziti & Meat Sauce Served with Ziti & Veg. Blend Dessert or Fresh Fruit</p>	<p>9 Caesar Salad Cream of Spinach Soup Eggplant Parmesan Fish Du Jour♥* With Potato & Veg. Cold Plate –Tuna, Egg, & Macaroni Salad Ice Cream or Fresh Fruit</p>	<p>10 Crunchy Cabbage Salad Potato-Borscht Soup Cran-Orange Chicken Hamburger/Bun Fish Du Jour♥* Served w/Crispy Fries & Veggies Dessert or Fresh Fruit</p>	<p>11 SHEMINI EVE. Tossed Salad Chicken Rice Soup Honey Glazed Chicken Beef Portobello Fish Croquette Served w/Egg Noodles & Bean Blend Dessert or Fresh Fruit</p>	<p>12 SHEMINI ATZERET Beet/Garbanzo Salad Hot Hors d'oeuvres Many Bean Soup Apricot Chicken Lamb Stew Fish Du Jour*♥ Served with Mushroom Egg Barley & Broccoli Dessert or fresh Fruit</p>	<p>13 SIMCHAT TORAH Romaine Salad Chopped Liver Appet. Matzo Ball Soup Roast Chicken♥* Stuffed Cabbage Teriyaki Salmon Filet Served w/Tzimmes Dessert or Fresh Fruit</p>	<p>14 Tossed Salad Roasted Chicken*♥ Deli Plate Baked Salmon*♥ Served with Potato & Cole Slaw Dessert or Fresh Fruit</p>
<p>15 Tossed Salad Mushroom-Onion Soup Orange Chicken Salisbury Steak Fish Du Jour♥* Served w/Potato & Veg. Dessert or Fresh Fruit</p>	<p>16 Tossed Salad French Onion Soup Cheese Lasagna Fish Du Jour♥* With Pasta & Vegetables Cold Plate – Whitefish, Egg Salad, Potato Salad Ice Cream or Fresh Fruit</p>	<p>17 Tomato/Onion Salad Beef-Vegetable Soup Chicken Francese Fish Du Jour♥* Served w/Rice & Tuscan Blend Dessert or Fresh Fruit</p>	<p>18 Tossed Salad Lentil Soup Turkey Pot Pie Peppered Steak Crispy Fish Filet Served w/Red Bliss & Baby Carrots Dessert or Fresh Fruit</p>	<p>19 Carrot/Raisin Salad Russian Cabbage Soup Corn Flake Chicken Salisbury Steak Fish Du Jour♥* Served w/Garlic Mashed & Veggies Dessert or Fresh Fruit</p>	<p>20 Tossed Salad Gefilte Fish Chicken Rice Soup Roast Chicken♥* Tender Beef Flanken Ginger/Garlic Salmon Served w/Kasha Varnish. & Veg. Blend Dessert or Fresh Fruit</p>	<p>21 Tossed Salad Herbed Chicken♥* Baked Salmon♥* Deli Plate – Served with Israeli Salad/ Potatoes Dessert or Fresh Fruit</p>

*Please note Low Fat or Low Cholesterol (Remove Chicken Skin)

♥= No added Salt

Menu is subject to change based on availability.

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22 Tossed Salad Mushroom Barley Soup Garlic Chicken*♥ Meatloaf/Gravy Fish Du Jour*♥ Served w/Mashed Potato & Vegetables Dessert or Fresh Fruit	23 Tossed Salad Tomato-Rice Soup Vegetable Quiche Fish Du Jour*♥ Served w/Pot. & Veg. Cold Plate- Tuna, Egg, & Cole Slaw Cheese Cake/ Fresh Fruit	24 Cucumber Salad Split Pea Soup Roast Garlic Chicken Club Steak Sandwich Fish du Jour ♥* Served with Rice & Bean Blend Dessert or Fresh Fruit	25 Tossed Salad Navy Bean Soup Deli Turkey on Rye Knockwurst/Kraut Fish Croquette Served w/Potato Chips & Macaroni Salad Dessert or Fresh Fruit	26 Health Salad Minestrone Soup BBQ Chicken♥* Meatloaf/Gravy Fish Du Jour*♥ Served w/Mashed Pot. & Creamed Spinach Dessert or Fresh Fruit	27 Tossed Salad Chopped Liver Chicken Orzo Soup Roast Chicken♥* Beef Brisket Poached Salmon Filet♥* Served w/Sweet Potato & Green Beans Dessert or Fresh Fruit	28 Tossed Salad Roasted Chicken*♥ Deli Plate Baked Salmon*♥ Served with Potato & Health Salad Dessert or Fresh Fruit
29 Tossed Salad Beef & Vegetable Soup Chicken Marinara Meatballs/Pasta Fish Du Jour♥* Served with Pasta & Veggies Dessert or Fresh Fruit	30 Tossed Salad Potato-Leek Soup Blintzes Fish Du Jour*♥ Served w/Potato & Veg. Cold Plate-Salmon, Egg & Macaroni Salad Ice Cream or Fresh Fruit	31 Beet/Garbanzo Salad Beef-Noodle Soup Boneless Chicken -- Cacciatore Fish Du Jour♥* Served with Rice & Veg Blend Dessert & Fresh Fruit				

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