

# November 2017 Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tossed Salad Lentil Soup Corn Flake Chicken Hot Pastrami on Rye Crispy Fish Filet Served with Sweet Pot Fries & 5-way Mix Dessert or Fresh Fruit	2 Marin. Mushroom Salad Vegetable Soup Roasted Garlic Chicken Meatballs & Spaghetti Fish Du Jour♥* Served w/Pasta & Peas and Pearls Dessert or Fresh Fruit	3 Romaine Salad Gefilte Fish Chicken Rice Soup Herbed Chicken♥* Veal & Peppers♥ Grilled Salmon♥* Served w/Noodle Kugel & Sautéed Cabbage Dessert or Fresh Fruit	4 Tossed Salad Roasted Chicken♥* Baked Salmon♥* Deli Plate – Served With- Potatoes & Israeli Salad Dessert or Fresh Fruit
5 Tossed Salad Mushroom-Onion Soup Orange Chicken♥* Ziti & Meat Sauce Crispy Fish Filet Served with Pasta & Veggies Dessert or Fresh Fruit	6 Tossed Salad Cream of Veg. Soup Eggplant Tower Fish Du Jour♥* Served with Potatoes Au Gratin & Vegetables Cold Plate – Tuna, Egg, & Potato Salad Cheese Cake or Fruit	7 Crunchy Cabbage Salad Roasted Corn Chowder Honey Mustard Chicken Shepherd’s Pie Fish Du Jour♥* Served with Mashed Potatoes & Veggies Dessert or Fresh Fruit	8 Tossed Salad Tomato Rice Soup Apricot Chicken Beef Stroganoff Fish Croquette Served w/Egg Noodles & Creamed Spinach Dessert or Fresh Fruit	9 Tomato-Onion Salad Navy Bean Soup Hawaiian Chicken Beef Burger/Bun Fish Du Jour♥* Served w/Tater Tots & Baby Carrots Dessert or Fresh Fruit	10 Tossed Salad Chopped Liver Chicken Noodle Soup Roasted Chicken♥* Sweet & Sour Flanken Salmon Teriyaki Served w/Sweet Potato & Calif. Blend Dessert or Fresh Fruit	11 Tossed Salad Roasted Chicken♥* Baked Salmon♥* Deli Plate- Served with Health Salad & Potatoes Dessert or Fresh Fruit
12 Tossed Salad Couscous w/Veg. Soup Chicken Marinara Spaghetti & Meatballs Crispy Fish Filet Served with Pasta & Vegetables Dessert or Fresh Fruit	13 Caesar Salad Mock Seafood Chowder Vegetable Quiche Fish Du Jour♥* With - Pasta & Veggies Cold Plate –Whitefish, Egg, w/Mac. Salads Ice Cream or Fruit	14 Cucumber Salad Beef–Noodle Soup Chicken Piccata Fish Du Jour♥* Served w/Rice & Veg. Dessert or Fresh Fruit	15 Tossed Salad Mushroom Barley Soup Beef Puff Pie & Veggies BBQ Chicken Crispy Pollack Filet Served w/Couscous & Veg. Dessert or Fresh Fruit	16 Beet & Garbanzo Salad Russian Cabbage Soup Chicken Cacciatore Salisbury Steak Fish Du Jour♥* Served w/Mashed Pot. & Cut Green Beans Dessert or Fresh Fruit	17 Romaine Blend Gefilte Fish Chick. Matzo Ball Soup Roast Chicken♥* Brisket of Beef Poached Salmon Filet.♥* With - Mush Egg Barley & Fresh Veggies Dessert or Fresh Fruit	18 Tossed Salad Baked Salmon♥* Roasted Chicken♥* Deli Plate – Served w/ Roasted Potatoes & Cole Slaw Dessert or Fresh Fruit

Menu is subject to change based on availability.

♥ = No Added Salt

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19 Tossed Salad Potato-Dill Soup Corn Flake Chicken Meatloaf & Gravy Salmon Croquette Served with Mashed Potato & Vegetable Dessert or Fresh Fruit	20 Tossed Salad Potato Leek Soup Vegetable Frittata Fish Du Jour♥* Served w/Pasta & Veg. Cold Plate –Tuna, Egg & Macaroni Salads Ice Cream or Fruit	21 Health Salad Hors d'oeuvres Appetizer Chicken Noodle Soup Taco Tuesday Fish Croquette Served with Rice & Veggies Dessert or Fresh Fruit	22 Tossed Salad Minestrone Soup Corn Flake Chicken Beef Pot Pie Fish Du Jour♥* Served with Potato Planks & Veggies Dessert or Fresh Fruit	<b>23 THANKSGIVING DAY</b> Mesclun Salad Winter Vegetable Soup Roast Turkey Breast♥* Grilled Lamb Chops Crispy Pollack Filet Sweet Potato, Challah Stuffing & Green Beans Fresh Pie or Fruit	24 Tossed Salad Chopped Liver Chicken Orzo Soup Roasted Chicken ♥* Stuffed Cabbage Ginger/Garlic Salmon Served with Kasha Varnishkas & Cauliflower Dessert or Fresh Fruit	25 Tossed Salad Roasted Chicken♥* Baked Salmon♥* Deli Plate Served with- Potatoes & Health Salad Dessert or Fresh Fruit
26 Tossed Salad Beef & Vegetable Soup Garlic Chicken♥* Salisbury Steak Fish Du Jour♥* Served w/Potato & Veg. Dessert or Fresh Fruit	27 Tossed Salad Cream of Spinach Soup Baked Ziti Fish Du Jour♥* Potato & Vegetable Cold Plate – Lox Platter w/Cole Slaw Ice Cream or Fresh Fruit	28 Carrot-Raisin Salad Beef-Barley Soup Chicken Francese Fish Du Jour♥* Served w/Baked Potato & Bean Blend Dessert or Fresh Fruit	29 Tossed Salad Split Pea Soup Chicken in the Pot Corned Beef & Cabbage Crispy Pollack Filet Served w/Boiled Red & Baby Carrots Dessert or Fresh Fruit	30 Beet/Garbanzo Salad Vegetable Soup Cranberry Chicken Meatloaf & Gravy Fish Du Jour♥* Served with Garlic Mashed & Peas Dessert or Fresh Fruit		

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