

January 2018 Dinner Menu

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|---|
| | 1 Happy New Year Tossed Salad Sweet Pea Soup Eggplant Francese Fish Du Jour ♥* With Pasta & Veggies Cold Plate - Tuna, Egg, & Potato Salads Ice Cream or Fresh Fruit | 2 Tomato/Onion Salad Beef-Noodle Soup Chicken Marsala Fish Du Jour ♥* Served with Rice & Bean Blend Dessert or Fresh Fruit | 3 Tossed Salad Mushroom Barley Soup Apricot Chicken BBQ Beef Brisket/Kaiser Fish Croquette Served w/Potato Wedges & Veg. Blend Dessert or Fresh Fruit | 4 Crunchy Cabbage Slaw Lentil Soup Roasted Garlic Chicken Meatballs/Hero Ginger/Garlic Pollock Served w/Pasta & Peas Dessert or Fresh Fruit | 5 Tossed Salad Chopped Liver Chicken Orzo Soup Herb Roast Chicken♥* Veal Cacciatore Grilled Salmon♥* Served with Sweet Potato & Cauliflower Dessert or Fresh Fruit | 6 Tossed Salad Baked Salmon♥* Roasted Chicken♥* Deli Plate – Served with Potatoes & Cole Slaw Dessert or Fresh Fruit |
| 7 Tossed Salad Tomato Soup Chicken/Mushrooms♥* Meatloaf & Gravy Fish Du Jour♥* Served w/Mashed Pot. & Vegetables Dessert or Fruit Salad | 8 Tossed Salad Cream of Spinach Soup Cheese Lasagna Fish Du Jour♥* With Pasta & Veggies Cold Plate: Seafood & Egg Salads, With Orzo Pasta Salad Ice Cream or Fruit | 9 Beet & Garbanzo Salad Butternut Squash Rosemary Chicken Shepherd's Pie Fish Du Jour♥* Served w/Sweet Mashed Potatoes & Cut Beans Dessert or Fresh Fruit | 10 Tossed Salad Vegetable Noodle Soup Orange-Ginger Chicken Beef Goulash Crispy Fish Filet Served with Egg Noodles & Veggies Dessert or Fresh Fruit | 11 Marin. Mushroom Salad Minestrone Soup BBQ Chicken Hamburger on a Bun Fish Du Jour♥* Served with Steak Fries & House Blend Dessert or Fresh Fruit | 12 Tossed Salad Gefilte Fish Chicken Noodle Soup Rock Cornish Hen♥* Honey Mustard Salmon Served w/ Mama's Tzimmes Dessert or Fresh Fruit | 13 Tossed Salad Roasted Chicken♥* Baked Salmon♥* Deli Plate – Served w/Potato & Israeli Salad Dessert or Fresh Fruit |
| 14 Tossed Salad Vegetable Soup Chicken Marinara Spaghetti & Meatballs Fish Du Jour♥* Served with Pasta & Vegetables Dessert or Fresh Fruit | 15 Caesar Salad Potato Leek Soup Blintzes Fish Du Jour♥* w/Pasta & Veggies Cold Plate – Tuna, Egg & Cole Slaw Ice Cream or Fruit | 16 Health Salad Golden Carrot Soup Chick. Breast-Cacciatore Fish Du Jour♥* Served w/Rice & Bean Blend Dessert or Fresh Fruit | 17 Tossed Salad Split Pea Soup Chicken in the Pot Peppered Steak Fish Croquette Served w/Noodles & C. Blend Dessert or Fresh Fruit | 18 Carrot-Raisin Salad Russian Cabbage Soup Honey Mustard Chicken Meatloaf & Gravy Fish Du Jour♥* Served with Mashed Potato & Peas/Pearls Dessert or Fresh Fruit | 19 Tossed Salad Chopped Liver Chicken Matzo Ball Soup Roasted Chicken♥* Beef Brisket Salmon Teriyaki With/Mush. Egg Barley & Veg. Blend Dessert or Fresh Fruit | 20 Tossed Salad Baked Salmon♥* Roasted Chicken♥* Deli Plate – Served with Potatoes & Cole Slaw Dessert or Fresh Fruit |

*Please note: Low Fat or Low Cholesterol (remove Chicken Skin)

*Menu is subject to change based on availability. ♥ = No Added Salt

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|--|---|---|---|---|--|---|
| 21 Tossed Salad Vegetable Soup Hawaiian Chicken Beef Stew Fish Du Jour♥* Served w/Potato & Vegetables Dessert or Fresh Fruit | 22 Tossed Salad French Onion Soup Vegetable Quiche Fish Du Jour♥* With Pasta & Veggies Cold Plate - Whitefish, Egg & Macaroni Salads Cheese Cake or Fruit | 23 Cucumber Salad Mushroom/Barley Soup Cran-Orange Chicken Beef Pot Pie Fish Du Jour♥* Served w/Pasta & T. Blend Dessert or Fresh Fruit | 24 Tossed Salad Yellow Split Pea Soup Turkey on Rye Hot Dogs/Bun Crispy Fish Filet Served w/Tater Tots & Cole Slaw Dessert or Fresh Fruit | 25 Tomato/Onion/Olives Navy Bean Soup Corn Flake Chicken Beef & Broccoli Stuffed Fish Du Jour Served w/Roasted Pot. & Veg. Blend Dessert or Fresh Fruit | 26 Tossed Salad Gefilte Fish Chicken Noodle Soup Roasted Chicken ♥* Stuffed Cabbage Ginger/Garlic Salmon Served w/Sweet Potato & Fresh Veggies Dessert or Fresh Fruit | 27 Tossed Salad Roasted Chicken♥* Baked Salmon♥* Deli Plate – Served w/ Health Salad & Roasted Potato Dessert or Fresh Fruit |
| 28 Tossed Salad Barley/Onion Soup Garlic Chicken♥* Ziti & Meat Sauce Fish Du Jour ♥* Served with- Ziti & Veg Dessert or Fresh Fruit | 29 Tossed Salad Broccoli-Cheddar Soup Baked Ziti Fish Du Jour♥* With Pasta & Veggies Cold Plate – Lox/Bagel Platter & Cole Slaw Fruit Ambrosia | 30 Beet-Garbanzo Salad Vegetable-Beef Soup Chicken Piccata Fish Du Jour♥* Served w/Festive Rice & Veg. Blend Dessert or Fresh Fruit | 31 Tu-B'Shvat Tossed Salad W/Fruit Tomato Rice Soup Roast Turkey Breast Salisbury Steak Fish Croquette Served w/Mashed Pot. & Green Beans Dessert or Fresh Fruit | | | |

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