

October 2018 Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SHEMINI ATZERET Tossed Salad Hot Hors d'oeuvres Potato-Dill Soup Apricot Chicken Lamb Gyro on Pita Fish Du Jour*♥ Served with Couscous & Tuscan Blend Dessert or Fresh Fruit	2 SIMCHAT TORAH Beet-Garbanzo Salad Veg-Noodle Soup Honey Glazed Chicken Stuffed Cabbage Fish Du Jour*♥ Served w/Tzimmes Dessert or fresh Fruit	3 Marin. Mushroom Salad Split Pea Soup Roasted Garlic Chicken Hamburger/Bun Crispy Fish Filet Served w/Tater Tots & Capri Blend Dessert or Fresh Fruit	4 ***DAIRY DAY*** Tossed Salad Tomato-Rice Soup Mac & Cheese Fish Du Jour*♥ Served w/Pasta & Veg. Cold Selection: Salmon, Egg, & Potato Salad Ice Cream or Fresh Fruit	5 Tossed Salad Chopped Liver Chicken Noodle Soup Roast Chicken*♥ Pot Roast Ginger Garlic Salmon Served w/Baked Potato & Fresh Vegetables Dessert or Fresh Fruit	6 Tossed Salad Roasted Chicken*♥ Deli Plate Baked Salmon*♥ Served with Potato & Health Salad Dessert or Fresh Fruit
7 Tossed Salad Mushroom-Onion Soup Chicken Marinara Fish Du Jour*♥ Ziti & Meat Sauce Served with Ziti & Veg. Blend Dessert or Fresh Fruit	8 Caesar Salad Cream of Spinach Soup Cheese Lasagna Fish Du Jour*♥ With Pasta & Vegetables Cold Plate – Whitefish, Egg Salad, Potato Salad Ice Cream or Fresh Fruit	9 Tomato/Onion Salad Beef Noodle Soup Walnut Crust Chicken Fish Du Jour*♥ Served w/Red Potatoes & Whole Green Beans Dessert or Fresh Fruit	10 Asian Cabbage Salad Vegetable Soup Oriental Chicken Beef Teriyaki Fish Croquette Served with Fried Rice With Eggroll Dessert or Fresh Fruit	11 Tossed Salad Italian Wedding Soup Chicken Italiano Meatballs & Spaghetti Fish Du Jour*♥ Served w/Pasta & Peas Dessert or Fresh Fruit	12 Romaine Salad Gefilte Fish Appet. Chicken Rice Soup Roast Chicken*♥ Tender Beef Flanken Honey Mustard Salmon Served w/Mushroom/Egg Barley & Normandy Veg. Dessert or Fresh Fruit	13 Tossed Salad Roasted Chicken*♥ Deli Plate Baked Salmon*♥ Served with Potato & Cole Slaw Dessert or Fresh Fruit
14 Tossed Salad Vegetable Soup Garlic Chicken*♥ Meatloaf/Gravy Fish Du Jour*♥ Served w/Mashed Potato & Vegetables Dessert or Fresh Fruit	15 Tossed Salad Cream of Broccoli Eggplant Rollatini Fish Du Jour*♥ With Potato & Veg. Cold Plate –Tuna, Egg, & Macaroni Salad Ice Cream or Fresh Fruit	16 Carrot-Raisin Salad Mushroom Barley Soup Chicken in the Pot Pasta Bolognese Fish Du Jour*♥ Served w/Pasta & Bean Blend Dessert or Fresh Fruit	17 Spinach Salad Butternut Bisque Roasted Garlic Chicken Pastrami/Rye Crispy Fish Filet Served with-Sautéed Cabbage & Creamed Corn Dessert or Fresh Fruit	18 Tossed Salad Minestrone Soup Corn Flake Chicken Salisbury Steak Fish Du Jour*♥ Served w/Garlic Mashed & Spaghetti Squash Dessert or Fresh Fruit	19 Tossed Salad Chopped Liver Appet. Chicken Orzo Soup Roast Chicken*♥ Beef Brisket Poached Salmon*♥ Served w/Sweet Potato & Fresh Cauliflower Dessert or Fresh Fruit	20 Tossed Salad Herbed Chicken*♥ Baked Salmon*♥ Deli Plate – Served with Israeli Salad/ Potatoes Dessert or Fresh Fruit

*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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21 Tossed Salad Chicken Soup Chicken Marinara Meatballs/Pasta Fish Du Jour♥* Served with Pasta & Veggies Dessert or Fresh Fruit	22 Tossed Salad Cream Mushroom Soup Vegetable Quiche Fish Du Jour*♥ Served w/Pot. & Veg. Cold Plate- Tuna, Egg, & Cole Slaw Cheese Cake or F. Fruit	23 Cucumber Salad Beef-Noodle Soup Chicken & Broccoli Fish Du Jour♥* Served with Rice & Key West Blend Dessert or Fresh Fruit	24 Crunchy Cabbage Salad Navy Bean Soup Turkey Pot Pie Peppered Steak Fish Croquette Served w/Egg Noodles & Bean Blend Dessert or Fresh Fruit	25 Tossed Salad Split Pea Soup BBQ Chicken♥* Meatloaf/Gravy Fish Du Jour*♥ Served w/Mashed Pot. & Creamed Spinach Dessert or Fresh Fruit	26 Tossed Salad Gefilte Fish Chicken Matzoh Ball Roast Chicken♥* Veal & Peppers Grilled Salmon Filet♥* Served w/Noodle Kugel & Fresh Broccoli Dessert or Fresh Fruit	27 Tossed Salad Roasted Chicken*♥ Deli Plate Baked Salmon*♥ Served with Potato & Health Salad Dessert or Fresh Fruit
28 Tossed Salad Corn Chowder Soup Orange Chicken Salisbury Steak Fish Du Jour♥* Served w/Potato & Veg. Dessert or Fresh Fruit	29 Tossed Salad Potato-Leek Soup Blintzes Fish Du Jour*♥ Served w/Potato & Veg. Cold Plate-Salmon, Egg & Macaroni Salad Ice Cream or Fresh Fruit	30 Tomato-Onion Salad Russian Cabbage Soup Roast Garlic Chicken Club Steak Sandwich Fish du Jour ♥* Served with Roast Pot. & Sautéed Squash Dessert or Fresh Fruit	31 Beet & Garbanzo Salad Lentil Soup Chicken Wings Double Hot Dogs Crispy Fish Filet Served w/Fresh Corn & Cole Slaw Dessert or Fresh Fruit			

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