

# November 2018 Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Tossed Salad Vegetable Soup Chicken Italiano Meatballs & Spaghetti Fish Du Jour♥* Served w/Pasta & Peas and Pearls Pound Layer or Fresh Fruit	2 Romaine Salad Chopped Liver Chicken Noodle Soup Roast Chicken♥* Pot Roast Honey-Mustard Salmon Served w/Baked Potato & Fresh Veggies 7 Layer or Fresh Fruit	3 Tossed Salad Roasted Chicken♥* Baked Salmon♥* Deli Plate – Served With- Potatoes & Israeli Salad Dessert or Fresh Fruit
4 Tossed Salad Mushroom-Onion Soup Orange Chicken♥* Ziti & Meat Sauce Crispy Fish Filet Served with Pasta & Veggies Dessert or Fresh Fruit	5 Tossed Salad Cream of Veg. Soup Baked Ziti Fish Du Jour♥* Served with Potatoes Au Gratin & Vegetables Cold Plate – Tuna, Egg, & Potato Salad Ice Cream or Fruit	6 Health Salad Roasted Corn Chowder Hawaiian Chicken Shepherd’s Pie Fish Du Jour♥* Served with Mashed Potatoes & 5 Way Mix Coffee Crumb or Fresh Fruit	7 Marin. Mushroom Salad Tomato-Rice Soup Chicken Paprikash Beef Stroganoff Fish Croquette Served w/Egg Noodles & Sonoma Blend Marble Chiffon or Fresh Fruit	8 Tossed Salad Navy Bean Soup Roast Garlic Chicken Beef Burger/Bun Fish Du Jour♥* Served w/Tater Tots & Baby Carrots Berries Parfait or Fresh Fruit	9 Tossed Salad Gefilte Fish Chicken Rice Soup Roasted Chicken♥* Sweet & Sour Flanken Salmon Teriyaki Served w/Sweet Potato & Calif. Blend Dessert or Fresh Fruit	10 Tossed Salad Roasted Chicken♥* Baked Salmon♥* Deli Plate- Served with Health Salad & Potatoes Dessert or Fresh Fruit
11 Tossed Salad Couscous w/Veg. Soup Chicken Marinara Meatloaf & Gravy Salmon Croquette Served with Mashed Potato & Vegetable Dessert or Fresh Fruit	12 Caesar Salad Butternut Bisque Eggplant Meatballs Fish Du Jour♥* With - Pasta & Veggies Cold Plate –Whitefish, Egg, w/Mac. Salads Ice Cream or Fruit	13 Carrot-Raisin Salad Beef–Noodle Soup Chick. Breast Cacciatore Fish Du Jour♥* Served with Rice & Bean Blend Double Choc. Cupcake or Fresh Fruit	14 Crunchy Cabbage Salad Lentil Soup BBQ Chicken Beef Puff Pie Crispy Pollack Filet Served w/Roasted Pot. & Capri Blend Cinn. Bun or Fresh Fruit	15 Tossed Salad Mushroom Barley Soup Lemon Chicken Salisbury Steak Fish Du Jour♥* Served w/Mashed Pot. & Cut Green Beans Peach Cobbler or Fresh Fruit	16 Romaine Blend Chopped Liver Chick. Matzo Ball Soup Roast Chicken♥* Brisket of Beef Poached Salmon Filet♥* With - Mush Egg Barley & Caribbean Blend Baked Apple or Fresh Fruit	17 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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18 Tossed Salad Potato-Dill Soup Corn Flake Chicken Spaghetti & Meatballs Crispy Fish Filet Served with Pasta & Vegetables Dessert or Fresh Fruit	19 Tossed Salad Potato Leek Soup Blintzes Fish Du Jour♥* Served w/Pasta & Veg. Cold Plate –Tuna, Egg & Macaroni Salads Ice Cream or Fruit	20 Beet-Garbanzo Salad Split Pea Soup Chicken Pot Pie Greek Lamb Salad Fish Du Jour♥* Served with Couscous & Normandy Blend Dessert or Fresh Fruit	21 Cucumber Salad Minestrone Soup Corn Flake Chicken Beef Lasagna Fish Croquette Served with Potato Planks & Veggies Dessert or Fresh Fruit	<b>22 THANKSGIVING DAY</b> Mesclun Salad Winter Vegetable Soup Roast Turkey Breast♥* Red Snapper Filet♥* Sweet Potato, Challah Stuffing & Green Beans Fresh Pie or Fruit	23 Tossed Salad Herring Appetizer Chicken Orzo Soup Roasted Chicken ♥* Stuffed Cabbage Ginger/Garlic Salmon Served with Kasha Varnishkas & Cauliflower Dessert or Fresh Fruit	24 Tossed Salad Roasted Chicken♥* Baked Salmon♥* Deli Plate Served with- Potatoes & Health Salad Dessert or Fresh Fruit
25 Tossed Salad Beef & Vegetable Soup Garlic Chicken♥* Salisbury Steak Fish Du Jour♥* Served w/Potato & Veg. Dessert or Fresh Fruit	26 Tossed Salad Cream of Spinach Soup Veggie Burger/Cheese Fish Du Jour♥* Tater Tots & Veg. Cold Plate – Lox Platter w/Cole Slaw Ice Cream or Fresh Fruit	27 Tomato-Onion Salad Beef-Barley Soup Chicken Francese Fish Du Jour♥* Served w/Baked Potato & Bean Blend Dessert or Fresh Fruit	28 Carrot-Raisin Salad Russian Cabbage Soup Chicken in the Pot Corned Beef & Cabbage Crispy Pollack Filet Served w/Boiled Red & Baby Carrots Dessert or Fresh Fruit	29 Tossed Salad Vegetable Soup Cranberry Chicken Meatloaf & Gravy Fish Du Jour♥* Served with Garlic Mashed & Peas Dessert or Fresh Fruit	30 Tossed Salad Chopped Liver Chicken Rice Soup Herbed Chicken♥* Veal & Cacciatore Grilled Salmon♥* Served w/Noodle Kugel & Sautéed Cabbage Dessert or Fresh Fruit	

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