

MAY 2013




MENU ITEMS	WEDNESDAY 5/1	THURSDAY 5/2	FRIDAY 5/3
APPETIZER	Vegetable Soup	Red Lentil Soup Orange Juice	Consomme Apple Juice
MAIN DISH	Pepper Steak	Salisbury Steak w/ mushroom sauce	Chicken
SIDE DISH 1	Rice Pilaf	Mashed Potatoes	Sliced Carrots
SIDE DISH 2	Green Beans Carrot Salad	California Blend Vegetables	Couscous
BREAD	Whole Wheat	Whole Wheat	Challah
MARGARINE	X	X	X
DESSERT	Orange	Unsweetened Applesauce	Diced Peaches
MILK	on way out	on way out	on way out

MENU ITEMS	MONDAY 5/6	TUESDAY 5/7	WEDNESDAY 5/8	THURSDAY 5/9	FRIDAY 5/10
APPETIZER	Split Pea Soup Orange Juice	Tomato Soup	Lima Bean Soup	Mushroom Barley Soup	Chicken Soup w Noodles Orange Juice
MAIN DISH	Ziti Primavera	Breaded Pollock	Chicken Lo Mein	Shepherd's Pie	Baked Chicken
SIDE DISH 1	Broccoli Carrots	Tossed Salad	Broccoli Cuts	Mixed Vegetables Mashed Potatoes	Succotash
SIDE DISH 2	Tossed Salad	Roast Potatoes	Lo Mein Vegetables	Sliced Carrots	Egg Barley
BREAD	Whole Wheat	Whole Wheat	Whole Wheat	Whole Wheat	Challah
MARGARINE	X	X	X	X	X
DESSERT	Vanilla Pudding	Cantaloupe Cubes	Diced Pears	Fresh Orange	Apricot Halves
MILK	with meal	with meal	on way out	on way out	on way out

MENU ITEMS	MONDAY 5/13	TUESDAY 5/14	WEDNESDAY 5/15	THURSDAY 5/16	FRIDAY 5/17
APPETIZER	Vegetable Soup	Lima Bean Soup Orange Juice	<p style="text-align: center;">CLOSED FOR SHAVUOS</p>		Chicken Soup w Noodles
MAIN DISH	Eggplant Parmagiana	Baked Fish Loaf w/ Horseradish			Roast Chicken w/ Gravy
SIDE DISH 1	Cauliflower	Mixed Vegetables			Chopped Spinach
SIDE DISH 2	Spaghetti	Beet Salad			Carrot Tzimmes
BREAD	Whole Wheat	Whole Wheat			Challah
MARGARINE	X	X			X
DESSERT	Cantaloupe Cubes	Chocolate Pudding			Mandarins
MILK	with meal	with meal			on way out



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MENU ITEMS	MONDAY 5/20	TUESDAY 5/21	WEDNESDAY 5/22	THURSDAY 5/23	FRIDAY 5/24
APPETIZER	Mushroom Barley Soup - Apple Juice	Minestrone Soup Blended Juice	Pineapple Juice Vegetable Soup	Vegetable Soup	Consomme Orange Juice
MAIN DISH	Cheese Blintzes	Salmon with Tartar Sauce	Turkey w/ Cranberry Sauce	Meat Stuffed Pepper	Southern Baked Chicken
SIDE DISH 1	Egg Salad	Carrots	Baked Yams	Egg Barley	Noodle Pudding
SIDE DISH 2	Peas & Carrots	Mashed Potatoes	Green Beans	Sliced Carrots	Cauliflower
BREAD	Whole Wheat	Whole Wheat	Whole Wheat	Whole Wheat	Challah
MARGARINE	X	X	X 	X	X
DESSERT	Fresh Oranges	Pineapple Tidbits	Birthday Cake	Pineapple Chunks	Diced Pears
MILK	with meal	with meal	on way out	on way out	on way out

MENU ITEMS	MONDAY 5/27	TUESDAY 5/28	WEDNESDAY 5/29	THURSDAY 5/30	FRIDAY 5/31
APPETIZER	Cream of Tomato Soup	Split Pea Soup Apple Juice	Vegetable Soup Orange Juice	Mushroom Barley Soup	Consomme Orange Juice
MAIN DISH	Breaded Pollock Tartar Sauce	Baked Fish Loaf w/ Horseradish	Vegetarian Chili	Hamburgers w/ Sauteed Onions	Baked Chicken
SIDE DISH 1	Carrots	Brown Rice	Mexicali Corn w Green & Red Peppers	Home Fries in Skin	Rattatouille
SIDE DISH 2	Mashed Potatoes	Rattatouille	Carrots	Mixed Vegetables	Roasted Chick Peas
BREAD	Whole Wheat	Whole Wheat	Whole Wheat	Hamburger Buns	Challah
MARGARINE	X	X	X	X	X
DESSERT	Cantaloupe	California Fruit Salad	Unsweetened Applesauce	Pineapple Chunks	Peaches
MILK	with meal	with meal	on way out	on way out	on way out