

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>SITES</p> <p>CLOSED</p> <p>IN OBSERVANCE OF NEW YEAR'S</p>	<p>2 (2 oz) Kosher hot dog</p> <p>½ c. Sauerkraut</p> <p>½ c. Baked Beans</p> <p>1 WG Hot Dog Bun</p> <p>½ c Pineapple</p> <p>1 packet of Ketchup & Mustard</p> <p>1 Package of Powdered Milk</p>	<p>3 oz. Beef Mongolian</p> <p>½ c. Asian Fried Rice</p> <p>½ c. Asian Vegetables</p> <p>2 oz. Dinner Roll/margarine</p> <p>½ c. Fresh Fruit</p> <p>1 Package Powdered Milk</p>	<p>Grilled Chicken Caesar Wrap (3oz Grilled Chicken on WG Tortilla)</p> <p>1 cup Romaine Lettuce (in wrap)</p> <p>½ cup Cole Slaw</p> <p>½ c. chic-pea salad</p> <p>½ cup Peaches</p> <p>1 Package of Powdered Milk</p>	<p>3 oz BBQ Chicken</p> <p>½ c Potato Pancake</p> <p>½ c String Beans</p> <p>2 oz. Challah Roll /Margarine</p> <p>½ c. Apple Sauce</p> <p>1 Package of Powdered Milk</p>
9	10	11	12	13
<p>3oz Salisbury Steak</p> <p>½ c Mashed Potatoes</p> <p>½ c Peas & Carrots</p> <p>2 oz WG Dinner Roll w/Margarine</p> <p>½ c. Mixed Fruit</p> <p>1 Package Powdered Milk</p>	<p>¾ c. Chicken Salad</p> <p>½ c. Potato Salad</p> <p>½ c. Tomato Salad</p> <p>2 oz. Dinner Roll/Margarine</p> <p>½ c. Mixed Fruit</p> <p>1 Package Powdered Milk</p>	<p>3 oz. Mexican Chicken Strips</p> <p>½ c. Rice & Beans</p> <p>½ c. Grilled Onions & Peppers</p> <p>1 Tortilla</p> <p>½ c. Seasonal Fruit</p> <p>1 Package of Powdered Milk</p>	<p>Cobb Salad (3 oz Chicken on Bed of Greens w/ Boiled Egg)</p> <p>½ cup Chickpea salad (side)</p> <p>1 Packet of Balsamic Dressing</p> <p>2 oz. Dinner roll w/ margarine</p> <p>½ cup Pears</p> <p>1 Package of Powdered Milk</p>	<p>3 oz. Chicken Schnitzel</p> <p>½ c. Mashed sweet potato</p> <p>½ c. Carrots</p> <p>2 oz. WG Roll w/ margarine</p> <p>½ c. Peaches</p> <p>1 Package of Powdered Milk</p>
16	17	18	19	20
<p>3 oz. Hamburger w/ Lettuce & Tomato on WG Bun</p> <p>½ c. Potato Tots</p> <p>½ c. Grilled Vegetables</p> <p>½ c. Mixed Fruit</p> <p>1 pkt Ketchup, Mustard</p> <p>1 Package Powdered Milk</p>	<p>Nicoise Salad (4 oz Tuna, red potato & Green Beans)</p> <p>½ c. Tomatoes & Olives</p> <p>1 packet Italian dressing</p> <p>½ cup Peaches</p> <p>2 oz Dinner roll w/ margarine</p> <p>1 Package of Powdered Milk</p>	<p>8 oz. Eggplant Parmesana (4oz Eggplant, 2 oz. mozzarella, 2 oz Marinara)</p> <p>½ c. Spaghetti w/ Garlic Sauce</p> <p>½ c. Mixed Vegetables</p> <p>½ c. Seasonal Fruit</p> <p>1 Package Powdered Milk</p>	<p>3 oz. Sliced Turkey sandwich w/ 2SL WG Bread</p> <p>1 packet of Mustard</p> <p>½ c. Pasta Salad</p> <p>½ c. Green Bean Salad</p> <p>½ cup Peaches</p> <p>1 Package of Powdered Milk</p>	<p>3 oz Chicken Francois</p> <p>½ c. Potato Kugel</p> <p>½ c. Squash Medley</p> <p>2 oz. Challah Roll /Margarine</p> <p>½ c. Apple Sauce</p> <p>1 Package Powdered Milk</p>
23	24	25	26	27
<p>3 oz. Meatloaf</p> <p>½ c. Mashed Potatoes</p> <p>½ c. Peas & Carrots</p> <p>2 oz. Dinner Roll/ Marg</p> <p>½ cup Peaches</p> <p>1 Package Powdered Milk</p>	<p>4 oz. Tuna Salad</p> <p>½ c. Macaroni Salad</p> <p>½ c. Tomato/Cucumber/Onion</p> <p>2 sl of WG Bread w/Margarine</p> <p>½ c. Canned Fruit</p> <p>1 Package Powdered Milk</p>	<p>3 oz. Sweet and Sour Meatballs w/ sauce</p> <p>½ c. Noodles</p> <p>½ c. Peas & Carrots</p> <p>2 oz. Dinner Roll/ Marg</p> <p>½ cup Peaches</p> <p>1 Package Powdered Milk</p>	<p>Mediterranean Chicken Veggie Wrap (3oz Chicken w/ 2 Tbs Hummus on 12" WG Tortilla)</p> <p>1 ½ cup Tomato, Onion, Cucumber (on wrap) 2Tbs Hummus (on wrap)</p> <p>½ c. chic pea salad</p> <p>½ Fresh Seasonal Fruit</p> <p>1 Package of Powdered Milk</p>	<p>3 oz. Lemon Baked Chicken</p> <p>½ c. rice</p> <p>½ c. Carrots</p> <p>2 oz. WG Roll w/ margarine</p> <p>½ c. Peaches</p> <p>1 Package of Powdered Milk</p>
30	31			
<p>Spaghetti & (4) Meatballs</p> <p>½ c. Marinara sauce</p> <p>½ c. Garden Salad w/ dressing</p> <p>2 oz. Dinner roll w/ margarine</p> <p>½ c. Seasonal Fruit Cup</p> <p>1 Package Powdered Milk</p>	<p>Krab Salad Roll (4 oz Krab Salad in WG Bread Roll)</p> <p>½ cup Green, Red, Yellow Peppers (in salad)</p> <p>½ c Tomato Salad</p> <p>½ cup Peaches</p> <p>1 Package of Powdered Milk</p>			

APPROVED BY AND SIGNED BY:

ALEX FRIZZELLE CATERER: STERLING KOSHER DATE: 11/2/22 The lunch program is sponsored through a partnership with the David Posnack Jewish Community Center, The State of Florida Department of Elder Affairs and The Area Agency on Aging of Broward County.

Alex Frizzelle RD/CDN