

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
WEEK 1	1	2		3		4		5	
4 oz. Meat Loaf (3oz. Meat 1 oz. Breading) ½ c. Mashed Potatoes ½ c. Mixed Vegetables 1 sl. WG Bread w/Margarine ½ c. Sugar Free Apple Sauce 1 Package of Powdered Milk		4 oz. Chicken Salad (3oz. Chicken, 1 oz. Mayo) ½ c. Three Bean Salad ½ c. Tomato Onion Salad 2 sl. WG Bread 1 Banana 1 Package Powdered Milk		3 oz. Beef Stroganoff ½ c. WG Pasta 1 c. Roasted Vegetables 1 sl wg bread w/ margarine 1 Banana 1 Package Powdered Milk		3 oz. Turkey Sandwich on SL Bread 2 Sl of WG Bread ½ c. Cole Slaw ½ c. Pasta Salad ½ c. Sliced Pineapple 1 pkt Kosher Mayo or Mustard 1 Package Powdered Milk		3 oz. Chicken Schnitzel ½ c. Israeli Salad ½ c. Hummus 2 oz. Challah Roll/margarine ½ c. Sugar Free Apple Sauce 1 Package Powdered Milk	
WEEK 2	8	9		10		11		12	
3 oz. Salisbury Steak w/ 1 oz Gravy ½ c. Green Beans ½ c. Roasted Potatoes 1 SL WG Bread w/margarine ½ c. Peaches 1 Package Powdered Milk		4 oz. Egg salad ½ c. Tomato, Cucumber, Onion Salad ½ c. Carrot Raisin Salad 2 SL. WG Bread 1 Banana 1 package of Powdered Milk		3 oz. Sweet & Sour Meatballs ½ c. WG Noodles ½ c. Green Beans ½ c. Asian Blend Vegetables ½ c. Peaches 1 Package Powdered Milk		4 oz. Tuna Salad on SL Bread 2 SL of WG Bread ½ c Tomato Salad ½ c Potato Salad ½ cup Peaches 1 Package of Powdered Milk		3 oz. Chicken Cacciatore ½ c. Tomato Sauce ½ c. Brown Rice ½ c. French Style Green Beans 2 oz. Challah Roll/ margarine ½ c. Peaches 1 Package of Powdered Milk	
WEEK 3	15	16		17		18		19	
4 oz. All Beef Hotdog w/Bun ½ c Baked Beans ½ c. Sauerkraut ½ c. Fruit Cup 1 Packet Ketchup & Mustard 1 Package of Powdered Milk		4 oz Krab Salad w/ ½ c Red, green, yellow peppers ½ c. Pasta Salad ½ c Tomato Salad 2 oz. Bun 1 Orange 1 Package Powdered Milk		8 oz. Eggplant Parmesana (4oz Eggplant , 2 oz. mozzarella, 4 oz Marinara) ½ c. Mixed Vegetables 1 sl wg bread w/margarine 1 Orange 1 Package Powdered Milk		3 oz Turkey Wrap w/ Cranberry Sauce on WG Wrap ½ c Romaine Lettuce in wrap ½ c Tomato Cucumber Salad ½ c. Pasta Salad ½ c. Pears 1 Package of Powdered Milk		3 oz. Apricot Glazed Stuffed Chicken ½ c. Carrots ½ c. Roasted Potatoes 2 oz. Challah Roll/margarine ½ c. Fresh Fruit 1 Package Powdered Milk	
WEEK 4	22	23		24		25		26	
3 oz. Stuffed Cabage ½ c. Roasted Carrots ½ c. Mashed Potatoes 2 oz Matzah w/Passover Margarine ½ c. Seasonal Fruit Cup 1 Package Powdered Milk		Closed		Closed		4 oz. Tuna Salad on Bed of Greens ½ c. Carrot Rasin Salad ½ c. Tomato, Onion, Cucumber Salad 2 oz Matzah ½ c Fresh Fruit 1 Package Powered Milk		3 oz. Orange Chicken ½ c. Carrot Tzimmes ½ c. Squash Medley 2 oz. Matzah/ Passover margarine ½ c. Seasonal Fruit 1 Package Powdered Milk	
WEEK 1	29	30		1		2		3	
4 oz. Chicken Salad ½ c. Potato Salad ½ c. Tomato Salad ½ c. Fruit 2 oz. Matzah 1 Package Powdered Milk		4 oz. Egg Salad ½ c. Tomato Cucumber, & Onion Salad ½ c. Carrot Raisin Salad ½ c. Fruit 2 oz. Matzah 1 Package Powdered Milk		3 oz. Beef Stroganoff ½ c. WG Pasta 1 c. Roasted Vegetables 1 sl wg bread w/ margarine 1 Banana 1 Package Powdered Milk		3 oz. Turkey Sandwich on SL Bread 2 Sl of WG Bread ½ c. Cole Slaw ½ c. Pasta Salad ½ c. Sliced Pineapple 1 pkt Kosher Mayo or Mustard 1 Package Powdered Milk		3 oz. Chicken Schnitzel ½ c. Israeli Salad ½ c. Hummus 2 oz. Challah Roll/margarine ½ c. Sugar Free Apple Sauce 1 Package Powdered Milk	
The lunch program is sponsored through a partnership with the David Posnack JCC, The State of Florida Department of Elder Affairs, and The Area Agency on Aging of Broward County.		Caterer: LC Foods Date: 2-1-24 Approved by: Alex Frizzelle 							

