

SUMMER FALL MENU 2026

	WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea
	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal
	Boiled Egg Morning Glory Muffin	Poached Egg Waffles & Syrup	Boiled Egg Banana Muffin	Poached Egg French Toast & Syrup	Poached Egg on an/English Muffin	Egg Custard Plain Challah	Hard Boiled Egg Blueberry Muffin
	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Straw Yogurt	Whole Wheat Bread Jam/Peanut Butter	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Sliced Cheddar Cheese	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Jam/Peanut Butter
Lunch	Cream of Broccoli Soup	Mushroom Barley Soup	Potato Cheddar Soup	Green Lentil Soup	Cream of Vegetable Soup	Turkey Vegetable Soup	Minestrone Soup
	Fish Sticks with tartar sauce, French Fries French Green Beans	Rainbow Trout with lemon wedge Parisienne Potatoes, Green Peas	Haddock in White Wine Sauce, Sunrise Mix Veg Savory Potatoes	Cheese Quesadillas with sour cream Bistro Mixed Veg	Deluxe Vegetable Pizza Greek Salad w Vinaigrette	Beef Cholent Waxed/Yellow Beans	Baked Rose Rotini with Parmesan Cheese, Broccoli
	Summer Cottage Cheese Plate (Cottage Cheese, Strawberry/Blueberry Compote, Pancakes ,Jell-O)	Eggplant Pasta Green Peas	Egg Salad Plate (Pickled Beets and potato salad)	Breaded Tilapia & Tartar sauce Mashed Potato Bistro Mixed Veg	Black Bean Patty Baked Potato & Sour Cream Green Peas	Hot Smoked Turkey Sandwich Garden Salad w/French dressing	Salmon Cakes w remoulade sauce Mashed potato Broccoli
	Vanilla Pudding Fruit Cocktail	Strawberry Shortcake Fresh Sliced Apples	Fresh Pear Chocolate Ice Cream	Crème Caramel Apple Sauce	Fresh Fruit Salad	Fruit Cocktail Raspberry Turnover	Lemon Pudding Grapes
Dinner	Chicken Shawarma (boneless thigh) w/ Tahini Sauce, Yellow Rice California Mixed Veg	Chicken Hamburger on Bun with sliced onions & tomato slices potato chips Creamy Coleslaw	Spaghetti Pasta with Meat Sauce Steamed Broccoli	Sweet and Sour Meatballs Steamed Rice Roasted Green & yellow Zucchini	Chicken Veg Noodle Soup	Split Pea & Potato Soup	Moroccan Chicken Tagine (Roast Chicken with Apricots & Spices) Basmati Rice Julienned Carrots
	Hot Dog on a Bun w/ Diced onions & relish Mixed Bean Salad	Braised Beef & Onions Mashed Potato Carrot Coins	Turkey Loaf w/Poultry Gravy Mashed Potato Steamed Broccoli	Rosemary Roasted Chicken Steamed Rice Roasted Green & Yellow Zucchini	Southern Style Breaded Chicken Kasha & Bows Carrot Tzimmes	Pickled Salmon Slider Bun Garden Salad w/French dressing	Beef Meatloaf with gravy Basmati Rice Julienned Carrots
	Honeydew Melon	Pineapple	Peaches	Watermelon Wedge Blueberry Cake	Mashed Potato Carrot Tzimmes	Fresh Clementine Mini Chocolate Éclair	Cantaloupe
					Chocolate Layer Cake Fruit Compote		

SUMMER FALL MENU 2026

	WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea
	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal
	Boiled Egg APO Morning Glory Muffin	Waffles & Syrup Poached Egg	Boiled Egg Banana Muffin	Poached Egg French Toast & Syrup	Poached Egg on an English Muffin/Bagel	Egg Custard Plain Challah	Hard Boiled Egg Blueberry Muffin
Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Straw Yogurt	Whole Wheat Bread Jam/Peanut Butter	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Sliced Cheddar Cheese	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Jam/Peanut Butter	
Lunch	Vegetable Quinoa Soup	Cream of Broccoli	Green Lentil Soup	Cream of Vegetable	Potato Cheddar Soup	Beef Barley Soup	Minestrone Soup
	Mediterranean Baked Haddock with lemon wedge Roasted Potatoes Sunrise Mix Veg	Garden Vegetable Frittata Savoury Potatoes Peas	Cheese Lasagna in Rose Sauce Cocktail Vegetables	Macaroni & Cheese Julienned Carrots and French Green Beans	Sole Almondine Baked Potato & Sour Cream Sunrise Veg	Chicken in Mushroom Sauce Onion Farfel Pilaf Canned Green Beans	Cheese Blintzes with sour cream & jam, Sliced peaches & pears, Banana Loaf in house
	Fusilli Alfredo Sunrise Mix Veg	Challah, Lox & Cream Cheese Sliced Tomatoes & Cucumbers	Mediterranean Salad Plate (Hummus, Falafel, Warmed Pita, Israeli Salad, Pickled Beets)	Breaded Flounder French Fries & Ketchup Julienned Carrots & French Green Beans	Spinach Quiche, Sunrise Veg	Gefilte Fish Plate (Meat) (Beet Horseradish, Carrot Salad, Slider Bun)	Black Bean Patty, Savoury Potatoes, Corn m/whipped squash
	Apricots Orange Sherbet	Citrus Orange Cake Tropical Applesauce	Cream Puff Pastry Fresh Peach	Fresh Apple Slices Butterscotch Pudding	Sliced Pears Tiger Paw	Peaches	Pineapple Cherry Strudel
Dinner	General Tso Chicken Lo Mein Noodles Julienne Carrots & Peppers	Spaghetti Pasta with Meat Sauce Garlic Broccoli	Chicken Paprikash Mashed Potato, California Mix Veg	Roast Turkey Breast w/ Sage Gravy & Cranberry Sauce Mashed Potato Bistro Mix Veg	Chicken Matzo Ball Soup	Split Pea & Potato Soup	Chicken Pot Pie Roasted Green & Yellow Zucchini
	Hot Dog on a Bun, Diced onion & relish garnish, Mixed Bean Salad	Lemon Garlic Chicken Baked Potato w/ pareve sour cream Garlic Broccoli	Fish Tacos Vinaigrette Coleslaw	Beef Kebab w/ Tahini Sauce Mashed Potato Bistro Mix Veg	Heavenly Chicken Parisienne Potatoes Carrot Coins	Poached Salmon Rice Pilaf Peas and Carrots	Korean Ground Beef Basmati Rice, Roasted Green & Yellow Zucchini
	Lemon Cake Pears	Honey Dew Melon	Pineapple	Raspberry Turnover Fruit Cocktail	Beef Bourguignon, Egg Noodles Carrot Coins	Egg Bite Mini Croissant Peas and Carrots	Apple Pie Fruit Cocktail
					Blueberry Pie Fresh Fruit Salad	Lemon Tart Grapes	

SUMMER FALL MENU 2026

	Week 3 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea
	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal
	Boiled Egg Morning Glory Muffin	Waffles & Syrup Poached Egg	Boiled Egg Banana Muffin	Poached Egg French Toast & Syrup	Poached Egg on an English Muffin	Egg Custard Plain Challah	Hard Boiled Egg Blueberry Muffin
	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Straw Yogurt	Whole Wheat Bread Jam/Peanut Butter	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Sliced Cheddar Cheese	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Jam/Peanut Butter
Lunch	Potato Cheddar Soup	Vegetable Quinoa Soup	Green Lentil Soup	Fish Chowder	Mushroom Barley Soup	Italian Wedding Soup	Minestrone Soup
	Baked Rainbow Trout with lemon wedge Steamed Rice Green Peas	Grilled Cheese Sandwich Tomato Salad	Greek Style Baked Pasta Green Beans & Onions	Challah, Lox and Cream Cheese Mixed Salad	Vegetable Pizza Sunrise Mix Veg	Chicken Coq Au Vin Mashed Potato Canned Green Beans	Sweet Cheesy Noodles California Mixed Veg
	Sweet Potato Lentil Stew, Steamed Rice Green Peas	Tuna Noodle Casserole Bistro Mixed Veg	Fish Provencal, Mashed Potatoes, Green Beans & Onions	Chickpea Stew Pita Bread Steamed Broccoli	Summer Tuna Salad Plate (Deli Tuna, Green beans & potato salad, boiled egg, romaine lettuce)	Fresh Deli Plate (Turkey, salami, sub spread, roll, Garden Salad w/ French Dressing)	Crusted Pollock with lemon wedge Mashed Potato California Mix Veg
	Strawberry Ice Cream Tropical Applesauce	Citrus Orange Cake Apricots	Banana Pudding in house Fresh Plum	Fresh Clementine	Strawberry Applesauce Crème Caramel	Sliced Pears Brownie	Chocolate Ice Cream Apricots
Dinner	Rosemary Roasted Chicken Leg Parisienne Potatoes Garlic Broccoli	Meat Lasagna Roasted Green Zucchini	Beef Stuffed Pepper Sunrise Mix Veg	Shepherd's Pie w/gravy Asian Mix Veg	Chicken Farfel Soup	Split Pea & Potato Soup Egg Salad Plate (Pickled Beet Slices, potato salad)	Beef Meatloaf with gravy Mushroom & Onion Farfel Bistro Mix Vegetables
	Hamburger on Flat Bread Bun with sliced onions & tomato slices potato chips Vinaigrette Coleslaw	Pineapple Chicken Leg Mashed Potato, Roasted Green Zucchini	Salmon Salad Sandwich on WW Garden Salad with French Dressing	Teriyaki Turkey, Steamed Rice Asian Mix Veg	Crusted Italian Chicken Breast Potato Kugel, Honey Glazed Carrots	Salmon Hollandaise Roasted Red Pepper Couscous Spinach & Onions	BBQ Chicken Wings Mush & Onion Farfel Bistro Mix Vegetables
		Fruit Compote	Watermelon Wedge Chocolate Sponge Cake	Marble Cake Fruit Cocktail	Roast Beef with Mushroom Gravy Potato Kugel Honey Glazed Carrots	Butter Tarts Pineapple Tidbits	Cantaloupe Melon
					Apple Crisp Fresh Fruit Salad		