

OCTOBER 2022 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fish w/Fresh Salsa Relish Perfect White Rice Whole Wheat Bread Broccoli w/ Toasted Garlic Fruit & 1% Low Fat Milk	4 Jamaican Jerk Tofu Garlic and Rosemary Roasted Potatoes Whole Wheat Bread Cooked Cabbage with Shredded Carrots Fruit & 1% Low Fat Milk	5  CENTER IS CLOSED	6 Three Bean Stew Rice w/ Split Yellow Beans Whole Wheat Bread Roasted Zucchini Fruit & 1% Low Fat Milk	7 Pineapple Glazed Salmon Mashed Sweet Potatoes Whole Wheat Bread Sautéed Green Beans Fruit & 1% Low Fat Milk
10 (Cold Meal) Tuna Salad Cole Slaw Challah Roll Fruit & 1% Low Fat Milk	11 (Cold Meal) Egg Salad Israeli Salad Pita Bread Fruit & 1% Low Fat Milk	12 Baked Penne with Sausage, Chard, & Mushrooms Garlic Bread Roasted Zucchini Fruit & 1% Low Fat Milk	13 Fish Curry Cajun-Style Rice Egg Drop Soup Roasted Broccoli Fruit & 1% Low Fat Milk	14 Korean BBQ Salmon Vegetable Lo Mein Braised Red Cabbage with Apples Fruit & 1% Low Fat Milk
17 (Cold Meal) Tuna Salad Cole Slaw Pita Bread Fruit & 1% Low Fat Milk	18 (Cold Meal) Egg Salad Israeli Salad Challah Roll Fruit & 1% Low Fat Milk	19 Korean Braised Tofu Baked Red Potatoes Whole Wheat Roll Roasted Broccoli Fruit & 1% Low Fat Milk	20 (Take Home Only) Eggplant Parmesan w/Tomato Sauce Garlic Bread Escarole/White Bean Soup Fruit & 1% Low Fat Milk	21 Fish Tacos Whole Wheat Tortilla Mexican Corn Salad Fruit & 1% Low Fat Milk
24 CENTER IS CLOSED for Professional Development Day	25 Brazilian Fish Stew Rice and Red Beans Whole Wheat Bread Cauliflower and Potatoes Fruit & 1% Low Fat Milk	26 Kidney Bean & Veg Stew Plain Pita Baby Spinach Salad w/Lemon Vinaigrette Fruit & 1% Low Fat Milk	27 Baked Fish with Lemon Garlic Butter Sauce Baked Red Potato Wedges Whole Wheat Bread Roasted Brussels Sprouts Fruit & 1% Low Fat Milk	28 Baked Salmon Chinese Style Spaghetti Steamed Broccoli Fruit & Milk, low fat, 1%
31 Tuna Fish Salad French Fries Plain Pita Lettuce and Tomato Fruit & 1% Low Fat Milk	 Wishing Everyone a Blessed Yom Kippur			