

# Sample Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>	Waffles Sliced Fruit	Cinna-Buns Muffins, Croissants Mini Bagels & Cream Cheese Cut Melon	Surprise Lake Egg Muffin (Scrambled Eggs, English Muffin, American Cheese) Cantaloupe	French Toast Watermelon	Pancakes Plain & Choc Chip Sliced Apples & Bananas	Scrambled Eggs Biscuits Potatoes Sliced oranges	Bagels Lox Cream Cheese Tomato Berries Assorted Donuts
<i>Options</i>	Fresh Fruit Bowl, Assorted Cereals, Yogurt, Granola, Hard Boiled Eggs, Gluten-Free Cereals, Gluten Free Oatmeal, Sliced Cheese, Yogurt, Milk, Lactose-Free Milk, Soy Milk, Apple Juice & Orange Juice						
<b>Gluten-Free</b>	Waffles	Muffins Katz's Gluten & Dairy Free Cinnamon Rolls	English Muffin	French Toast	Pancakes	Biscuits	Bagels
<b>Dairy-Free</b>	Waffles	Katz's Gluten & Dairy Free Cinnamon Rolls	Egg Muffin w/ Soy Cheese	French Toast	Pancakes	Main Breakfast is Dairy-Free	Cream Cheese
<b>LUNCH</b>	Tomato Soup Grilled Cheese With & Without Sliced Tomato Peas & Carrots	Ravioli Veggie Medley Garlic Bread	Chicken Tenders French Fries Mixed Vegetables	Pizza	Greek Chicken Pita Tzatziki Sauce Diced Tomato Shredded Lettuce Carrots Hummus	Mac & Cheese Fish Sticks Broccoli & Broccoli w/ Cheese	Meatball Subs Hero Rolls Chips Carrots & Celery Parve Ranch
<i>Options</i>	Full Salad Bar w/ Fresh Lettuce & Fresh Vegetables Including Cucumber, Tomato, Carrots, Corn, & Garbanzo Beans Salad Bar May Include Tuna Salad, Egg Salad, Tofu, Bean Salad Pasta w/ Butter, Pasta w/ Red Sauce, Peanut Butter & Jelly, Bread, Gluten-Free Bread Gluten Free Pasta w/ Butter or Red Sauce						
<b>Gluten-Free</b>	Bread/Grilled Cheese	Ravioli & Garlic Bread	Chicken Tenders	Pizza Croutons/Caesar Salad	Greek Chicken w/ Pita	Breaded Fish	Meatballs Sub Rolls Chips
<b>Dairy-Free</b>	Grilled Soy Cheese Dairy-Free Tomato Soup	Penne Pasta w/ Marinara Sauce	Chicken Tenders	Pizza Salad Dressings	Greek Chicken Pita w/ Yogurt Sauce	Soy Cheese & Macaroni Soy Cheese & Broccoli	Main Meal is Dairy-Free
<b>Vegetarian</b>	Main Meal is Vegetarian	Main Meal is Vegetarian	Veggie Tenders	Main Meal is Vegetarian	Greek Pita Sandwich Hummus, Peppers & Onion	Main Meal is Vegetarian	Meatballs
<b>Dessert</b>	Cookies	Ice Cream Sandwiches	Brownies	Orange Sherbet	Watermelon	Chocolate Pudding	Cookies
<b>SNACK</b> (GF option provided)	Snacks to include assorted chips, pretzels, fresh fruit and ices						
<b>DINNER</b>	Roast Beef Mashed Potato String Beans	Chicken and Broccoli Lo Mein Egg Rolls White Rice	BBQ- Hot Dogs Hamburger Baked Beans, Pasta Salad Cole Slaw Potato Salad Potato Chips	Meatloaf Tater Tots Mixed Vegetables	Italian Night Pastas Marinara Sauce Pesto Sauce Alfredo Sauce Eggplant Parm Garlic Bread	Matzo Ball Soup Challah Roasted Chicken Roasted Potatoes Broccoli	Deli Sandwiches Turkey Salami Bologna, Chips, Lettuce Tomato
<i>Options</i>	Full Salad Bar (see the lunch options section for details) Pasta w/ Butter, Pasta w/ Red Sauce, Peanut Butter & Jelly, Bread, Gluten-Free Bread Gluten Free Pasta w/ Butter or Red Sauce						
<b>Gluten-Free</b>	Main Meal is Gluten-Free	Chicken & Broccoli, Soy Sauce	Hamburger Hot Dog Rolls	Meatloaf	Pasta & Sauces & Garlic Bread	Challah	Bread & Rolls
<b>Vegetarian</b>	Portobello Mushroom Pot Roast	Lo Mein Tofu & Broccoli Veggie Egg Rolls	Burgers Franks & Beans	Corn & Sweet Potato Nuggets	Main Meal is Vegetarian	Lentil Stew Roasted Veggies & Tofu	Quinoa Salad
<b>Dessert</b>	Chocolate Cake	Orange Slices & Fortune Cookies	Watermelon Cookies	Italian Ices	Ice Cream Sundaes All Toppings	Apple Pie	Cookies