

# January Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Baked Ziti Peas & Carrots	4 Shawarma Rice Sesame free Chumus, Pita	5 Pizza Bagels Mixed vegetables	6 Chicken Nuggets California blend vegetables	7 Grilled Cheese Baked potato Broccoli	8
9	10 Macaroni & Cheese Green beans	11 Sloppy Joes On Whole Wheat Rice Peas and carrots	12 Sicilian Pizza/ Regular/ White Cheese Corn	13 BBQ Chicken Orzo Peas	14 Bagels, Tuna Egg salad American cheese cream cheese Tomatoes	15
16	17 Cheese Tortellini in Marinara Sauce Or Pesto butter Sliced carrots	18 Sliced Turkey, Salami, Bologna On whole wheat Pickles, Coleslaw	19 Sicilian Pizza/ Regular/ White Cheese Green beans	20 Beef Taco Hard, soft shells Rice Corn Nibletts	21 Cheese Quesadillas Veggie Taco Rice	22
23	24 Cheese Ravioli Marinara Sauce Vegetables	25 Hamburger Hot dogs Vegetarian baked beans	26 Pizza Bagels Mixed vegetables	27 Chicken Fajitas Rice Mixed vegetables	28 Pancakes & French Toast Peas	29

## Available Daily

### SOUP OF THE DAY

### SALAD BAR

Mixed greens, diced tomatoes, sliced cucumbers.

*Two options daily -- selected from the following:*

Israeli salad, Broccoli, Chickpeas, Baby corn, Green peas, Peppers, Edamame, Mixed Veggies, Cole slaw, Pickles, Couscous, Quinoa, Freekah, Wild rice salad, Kidney beans, Raisins, Corn.

### Dressings:

French (Lite), Italian (Lite), Honey mustard, Raspberry vinaigrette, Balsamic vinaigrette.

### FRUIT

*Selected from seasonally available varieties:*

Banana, Watermelon, Pineapple, Peaches, Apples, Oranges, Grapes, Applesauce, Cantaloupe, Honeydew, Fruit Cocktail.

### ALSO AVAILABLE

Soy butter and jelly sandwiches.  
Pasta with homemade marinara sauce.

**ALL FOOD IS UNDER THE**

**SUPERVISION OF THE Vaad HaRabanim of MetroWest  
ALL FOOD PROVIDED BY SHIMTAL CATERER**