

OCTOBER MENU

Available Daily

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|--|--|
| | NO SCHOOL | 1 NO SCHOOL | 2 Pizza Bagels Mixed vegetables | 3 Beef Bolognese (Pasta w/ meat sauce) Corn On Cob | 4 Fish Sticks Mashed Potato Baby corn | 5 <u>SOUP OF THE DAY</u> |
| 6 | 7 Cheese Ravioli Marinara Sauce Sliced carrots | 8 NO SCHOOL | 9 NO SCHOOL | 10 Sliced Turkey or Salami on Whole Wheat Bread Pickles, Coleslaw | 11 Grilled Cheese Baked potato Broccoli | 12 <u>SALAD BAR</u> Mixed greens, diced tomatoes, sliced cucumbers. |
| 13 | 14 NO SCHOOL | 15 NO SCHOOL | 16 Sicilian Pizza/ Regular/ White Cheese Green beans | 17 Falafel, sesame free chumus Potato Burekas Israeli salad | 18 Vegi Burger Bun Potato Knish | 19 <i>Two options daily -- selected from the following:</i> 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. |
| 20 | 21 NO SCHOOL | 22 NO SCHOOL | 23 Pizza Bagels Mixed vegetables | 24 Chicken Schnitzel Yellow Rice Carrots | 25 Plain Bagels Tuna, Egg salad Cream cheese, Butter Tomatoes | 26 <u>Dressings:</u> French (Lite), Italian (Lite), Honey mustard, Raspberry vinaigrette, Balsamic vinaigrette. |
| 27 | 28 Baked Ziti Peas & Carrots | 29 Shawarma Rice Sesame free Chumus, Pita | 30 Sicilian Pizza/ Regular/ White Cheese Green beans | 31 Chicken / Vegetable Lo Mein Mixed vegetables | | 26 <u>FRUIT</u> <i>Selected from seasonally available varieties:</i> Banana, Watermelon, Pineapple, Peaches, Apples, Oranges, Grapes, Applesauce, Cantaloupe, Honeydew, Fruit Cocktail. |
| | | | | | | 26 <u>ALSO AVAILABLE</u> Soy butter and jelly sandwiches. Pasta with homemade marinara sauce. |

ALL FOOD IS UNDER THE SUPERVISION OF THE Vaad HaRabonim of MetroWest
ALL FOOD PROVIDED BY SHIMTAL CATERER