November

Lunch: 12:00PM - 1:00PM, MON-FRI

MON	TUE	WED	THU	FRI
2 **Honey Mustard Chicken Breast** Mashed Sweet Potatoes Tomato & Cucumber Salad Orange	**3** **Turkey Meatballs w/ Sofrito** Egg Noodles Roasted Broccoli Peach	**4** **Stewed Beef** Bulgar Begetable Mix Kiwi	**5** **Pan-Seared Kickin' Kidnety-Bean Burger** Cous Cous WW Burger Bun Pear	**6** **Fish w/ Mushrooms, Peppers and Tomatoes** Spanish Brown Rice & Beans Apple
9 **Jerk Chicken** Roasted Potatoes Sauteed Spinach Pear	**10** **Turkey Stir Fry w/ Veggies** Black Beans and Rice Steamed Carrots Peach	**11** **Beef Meatballs in Tomato Sauce** Baked Potato Roasted Broccoli Apple	**12** **WW Lo Mein** w/ Edamame Italian Blend Vegatables Kiwi	**13** **Asian Style White Fish** w/ Cilantro White Rice Bangladeshi-Style Mixed Veggies
16 **Carribean Style BBQ Chicken** Rice & Gungo (Pigeon Peas) Steamed Broccoli Orange	**17** **Cheese Lasagna** Green Beans Garden Salad Peach	**18** **BBQ Boneless Beef Ribs** Baked Potato Roasted Zucchini Apple	**19** **Mushroom Lentil Shepherd's Pie** Salad w/ Dressing Vegetablle Mix Pear	**20** **Baked Fish Marsala w/ Mushrooms** Bronx Rice Pilaf Steamed Carrots Kiwi
23 **General Tso's Chicken** White Rice Sauteed String Beans Orange	**24** **Turkey Stew** Rice w/ Pigeon Peas California Blend Veggies Peach	**25** **Herb Roasted Turkey w/ Gravy & Cranberry Sauce** Garlic Mashed Potatoes Steamed Green Beans	**26** **Thanksgiving Day** **Center Closed**	**27** **Black Friday** **Center Closed**
30 **Sweet & Sour Chicken Breats** Rice Pilaf Oriental Blend Veggies				

November

Kosher Menu

Lunch: 12:00PM - 1:00PM, MON-FRI

MON	TUE	WED	THU	FRI
2 **Chicken Patty w/ Peppers & Onions** Steamed Zucchini Brown Rice	**3** **Baked Fish Oreganata** Rice Pilaf Oriental Blend Veggies	**4** **Swedish Meatballs** Kasha Varnishes Italian Blend Veggies	**5** **Falafel** Jeera Rice Roasted Beets	**6** **Lemon Chicken** Challah Bread Green Beans Sweet Potatoes
9 **Stuffed Cabbage w/ Turkey** Toasted Barley w/ Mushrooms Capri Blend Veggies	**10** **Baked Fish w/ Mustard** Rice Pilaf Braised Red Cabbage	**11** **Beef Stroganoff** Broccoli Souffle Mashed Potatoes	**12** **Mediterranian Lentil Stew** Roasted Butternut Squash Green Beans	**13** **Roasted Chicken** Challah Bread Roasted Potatoes Sauteed Zucchini
16 **Chicken Patty** Roasted Sweet Potato Green Beans	**17** **Baked Breaded Fish w/ Citrus Sauce** Steamed Zucchini Coconut Rice	**18** ***Beef & Turkey Meatballs w/ Marinara*** *Pasta* *Cali Blend Veggies*	**19** **California Veggie Burger** Cuban Black Beans Cous Cous Carrots	**20** **Roasted Chicken** Carrot Tzimmes Potato Souffle Challah Bread
23 **Turkey Burger w/ BBQ Sauce** Peppers & Onions Toasted Barley w/ Mushroom Steamed Carrots	**24** **Breaded Fish w/ Dill Lemon Sauce** Majadera Rice Cali Blend Veggies Sauteed Spinach	**25** **Beeferoni** Roasted Butternut Squash Green Beans	**26** **Thanksgiving Day** **Center Closed**	**27** **Black Friday** **Center Closed**
30 **Turkey Bean Chili** Rice Pilaf Steamed Carrots				