



Shalom Village

<b>NOV 27</b>	<b>DEC 18</b>	<b>JAN 8/29</b>	<b>FEB 19</b>
<b>MAR 12</b>	<b>APR 2/23</b>	<b>MAY 14</b>	<b>JUN 4/25</b>

**BREAKFAST - WEEK 1**

**Fall/Winter Menu 2022-2023**

**Week 1**

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
All Menus	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea
	<b>B003D/B003E</b>	<b>B019/B019A</b>	<b>B003D/B003K</b>	<b>B002/B002B</b>	<b>B019/B019A</b>	<b>B003D/B047</b>	<b>Shabbat</b>
	Assorted Juice Hot & Cold Cereals Scrambled Eggs	Assorted Juice Hot & Cold Cereals Boiled Egg	Assorted Juice Hot & Cold Cereals Scrambled Eggs	Assorted Juice Hot & Cold Cereals Poached Egg Cream Cheese	Assorted Juice Hot & Cold Cereals Boiled Egg	Assorted Juice Hot & Cold Cereals Scrambled Eggs Cream Cheese	Assorted Juice Hot & Cold Cereals Boiled Egg
	1/2 Banana & Orange Sections English Muffin or Toast	1/2 Banana & Orange Sections Muffin or Toast	1/2 Banana & Orange Sections Muffin or Toast	1/2 Banana & Orange Sections Bagels or Toast	1/2 Banana & Orange Sections Muffin or Toast	1/2 Banana & Orange Sections Bagels or Toast	1/2 Banana & Orange Sections Muffin or Toast

**LUNCH - WEEK 1**

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
All Menus	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea
	<b>VL069</b>	<b>SL027</b>	<b>VL041</b>	<b>VL045</b>	<b>EL030</b>	<b>SL047</b>	<b>VL061</b>
Choice 1	Golden Autumn Carrot Soup Pancakes & Syrup Cottage Cheese Fruit Compote	Cream of Mushroom Soup Baked Tuna Casserole	Minestrone Soup Grilled Cheese Sandwich	Garden Vegetable Soup Cheese Pizza	Navy Bean Soup Egg Salad Sandwich	Cream of Potato and Leek Soup Tuna Melt	Lentil Soup Macaroni & Cheese
	Lemon Bar	Wax Beans	Broccoli Salad	Greek Salad	Mixed Green Salad	Spinach Mandarin Salad	Green Peas
	<b>VL165</b>	<b>EL028</b>	<b>VL051</b>	<b>SL007A</b>	<b>VL064</b>	<b>EL027</b>	<b>SL020</b>
Choice 2	Baked Vegetable Pasta	Spinach Quiche	Veggie Burger on an Onion Bun	Tuna Salad Sandwich	Penne with Tomato Lentil Sauce	Frittata	Salmon Salad Scoop Bread
	Marinated Vegetable Salad	Mixed Vegetables	Five Way Vegetable Mix	Chickpea, Tomato, & Cucumber Salad	Broccoli	Roll Oriental Mixed Vegetables	Garden Salad
	Cantaloupe	Mango	Fruit Salad	Berries	Peaches	Melon	Pear Halves

**SUPPER - WEEK 1**

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
All Menus	Juice, Coffee, Tea	Juice, Coffee, Tea	Juice, Coffee, Tea	Juice, Coffee, Tea	Juice, Coffee, Tea	Juice, Coffee, Tea	Juice, Coffee, Tea
	<b>CH032</b>	<b>BH156</b>	<b>BH055</b>	<b>CH034</b>	<b>BH045</b>	<b>Challah Bread &amp; Wine</b>	<b>BH062</b>
Choice 1	Roast Chicken	Hungarian Goulash on Egg Noodles	Open Faced Shaved Roast Beef Sandwich with Fried Onions	Chicken Fingers	Cabbage Rolls in Tomato Sauce	Chopped Liver Chicken Soup w/Mini Croutons	Turkey Meatloaf
	Garlic Mashed Potatoes PEI Mix Vegetables	Green Beans	Corn	French Fries Deli Coleslaw	California Mixed Vegetables	Roast Turkey Roasted Mini Potatoes Baby Carrots Rugelach	Mashed Potatoes Sunrise Mix Vegetables
	Mousse	Orange Cake	Apple Pie	Strawberry Jell-O	Chocolate Cake with Icing		Butter Tart
	<b>BH130</b>	<b>SH103</b>	<b>SH006</b>	<b>BH062</b>	<b>SH001</b>	<b>SH019</b>	<b>OH005</b>
Choice 2	Chili	Salmon Patty	Baked Sole Filet with Roasted Red Pepper Sauce Pan Roasted Potatoes Seasoned Zucchini	Hearty Beef Stew with Potatoes and Vegetables	Atlantic Salmon with Cucumber and Dill Sauce Rice Pilaf Broccoli Spears	Baked Trout	Mini Submarine Sandwich
	Roll Cucumber Salad	Mashed Potatoes Green Salad	Bun			Rice Asparagus	Spring Mix Salad
	Strawberries	Pineapple	Diced Pears	Applesauce	Mandarin Oranges	Grapes	Fruit Salad

PM Snack	Apple Turnover	Cheese & Crackers	Oatmeal Cookies	Digestive Cookies	Mini Brownies	Arrowroot Cookies	Shortbread Cookies
Choice 1	Applesauce	Peach Applesauce	Blueberry Applesauce	Strawberry Applesauce	Applesauce	Peach Applesauce	Blueberry Applesauce
HS Snack	Social Tea Cookies	Cherry Turnover	Mini Muffins	Social Tea Cookies	Oatmeal Cookies	Blueberry Turnover	Mini Lemon Tarts
Choice 2	Applesauce	Peach Applesauce	Blueberry Applesauce	Strawberry Applesauce	Applesauce	Peach Applesauce	Blueberry Applesauce

Revised: 11-11-22

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