

MOSHAVA BA'IR

JUNE/JULY 2016 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Baked Ziti Roasted Squash Fresh Fruit	28 Beef Tacos Spanish Rice Green Beans Fresh Fruit	29 Cheese Quesadillas Rice Beans Fresh Fruit	30 Deli Heroes Whole Wheat Hoagies Cole Slaw Pickles Fresh Fruit	July 1 Pizza Caesar Salad Watermelon
4 NO SESSIONS	5 Hamburgers Fresh Buns Tater Tots Tomato Pickles Fresh Fruit	6 Macaroni and Cheese Plain Pasta Roasted Mixed Vegetables Fresh Fruit	7 Chicken Fingers Mashed Potatoes Peas and Carrots Fresh Fruit	8 Pizza Caesar Salad Fresh Fruit
11 Potato and Cheese Blintzes Penne with Marinara Green Beans Fresh Fruit	12 BBQ Chicken Roasted Potatoes Steamed Broccoli Fresh Fruit	13 Fish Sticks Potato Knishes Zucchini Fresh Fruit	14 Pasta with Meat Sauce Cauliflower Fresh Fruit	15 Pizza Caesar Salad Watermelon
18 Brunch For Lunch Pancakes Maple Syrup Hash Browns Garden Salad Fresh Fruit	19 Deli Heroes Whole Wheat Hoagies Cole Slaw Pickles Fresh Fruit	20 Penne ala Vodka Mixed Vegetables Fresh Fruit	21 Chicken Fingers Mashed Potatoes Peas and Carrots Fresh Fruit	22 Pizza Caesar Salad Fresh Fruit
25 Falafel Fresh Pita Israeli Salad Homemade Humus Couscous Fresh Fruit	26 Meatballs Spaghetti Squash Fresh Fruit	27 Grilled Cheese Roasted Peppers and Mushrooms Fresh Fruit	28 BBQ Chicken Roasted Potatoes Peas and Carrots Fresh Fruit	29 Pizza Caesar Salad Watermelon

SALAD BAR

OFFERED DAILY MAY INCLUDE: , LETTUCE, MESCLUN SALAD MIX, CUCUMBERS, SHREDDED CARROTS, TOMATOES, PEPPERS, MUSHROOMS, BABY CORN, CHICK PEAS, KIDNEY BEANS, PICKLE CHIPS, BEETS, BLACK OLIVES, MANDARIN ORANGES, PEAS, KERNEL CORN, TUNA SALAD, AND HARD BOILED EGGS
SALAD DRESSINGS REGULAR AND LOW FAT MAY INCLUDE: RUSSIAN, FRENCH, CREAMY ITALIAN, LITE ITALIAN, THOUSAND ISLAND, CAESAR, BALSAMIC VINAIGRETTE, RASPBERRY VINAIGRETTE

AVAILABLE UPON REQUEST

PLAIN PASTA

BREAD: SLICED WHOLE WHEAT & FRESH MINI BAGELS SERVED DAILY

JELLY, MARGARINE AND SOYNUIT BUTTER ON MEAT MEAL DAYS ONLY

CREAM CHEESE AND BUTTER ON DAIRY DAYS ONLY

DAILY FRUIT MAY INCLUDE: APPLES, ORANGES, PEARS, PLUMS, NECTARINES, AND PEACHES, FRESH FRUIT SALAD

ALL FOOD PROVIDED BY FIVE STAR CATERERS

MOSHAVA BA'IR

AUGUST 2016 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Macaroni and Cheese Plain Pasta Roasted Mixed Vegetables Fresh Fruit	2 Beef Tacos Spanish Rice Green Beans Fresh Fruit	3 Schwarma Fresh Pita Homemade Humus Cous Cous Roasted Eggplant Fresh Fruit	4 Hot Dogs Fresh Buns Relish Cole Slaw Roasted Sweet Potato Wedges Fresh Fruit	5 Pizza Caesar Salad Fresh Fruit
8 Brunch For Lunch Scrambled Eggs Hash Browns Garden Salad Fresh Fruit	9 Pareve Tacos Spanish Rice Green Beans Fresh Fruit Fresh Fruit	10 Falafel Fresh Pita Israeli Salad Homemade Humus Couscous Fresh Fruit	11 Baked Ziti Roasted Squash Fresh Fruit	12 Pizza Caesar Salad Watermelon
15 Fish Sticks Potato Knishes Roasted Zucchini Fresh Fruit	16 Hamburgers Fresh Buns Tater Tots Tomato Pickles Fresh Fruit	17 Cheese Quesadillas Rice Beans Fresh Fruit	18 Schnitzel Mushroom Barley Roasted Root Vegetables Fresh Fruit	19 Pizza Caesar Salad Fresh Fruit

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