

# MOSHAVA BA'IR

## JUNE/JULY 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Baked Ziti Roasted Squash Fresh Fruit	25 Beef Tacos Spanish Rice Green Beans Fresh Fruit	26 Grilled Cheese Roasted Cauliflower Fresh Fruit	27 Deli Heroes Whole Wheat Hoagies Cole Slaw Pickles Fresh Fruit	28 Pizza Caesar Salad Watermelon
July 1 Fish Sticks Potato Knishes Zucchini Fresh Fruit	2 Hamburgers Buns Roasted Sweet Potato Macaroni Salad Fresh Fruit	3 Falafel Fresh Pita Israeli Salad Homemade Humus Fresh Fruit	4 No Sessions	5 Pizza Caesar Salad Fresh Fruit
8 Potato and Cheese Blintzes Penne with Marinara Green Beans Fresh Fruit	9 BBQ Chicken Roasted Potatoes Roasted Cauliflower Fresh Fruit	10 Mac and Cheese Steamed Broccoli Fresh Fruit	11 Meatballs Pasta Roasted Mushrooms Fresh Fruit	12 Pizza Caesar Salad Watermelon
15 Brunch For Lunch Pancakes Maple Syrup Hash Browns Garden Salad Fresh Fruit	16 Beef Tacos Spanish Rice Green Beans Fresh Fruit	17 Penne ala Vodka Mixed Vegetables Fresh Fruit	18 Hamburgers Buns Roasted Sweet Potato Macaroni Salad Fresh Fruit	19 Pizza Caesar Salad Fresh Fruit
22 Falafel Fresh Pita Israeli Salad Homemade Humus Couscous Fresh Fruit	23 Deli Heroes Whole Wheat Hoagies Cole Slaw Pickles Fresh Fruit	24 Grilled Cheese Roasted Peppers and Mushrooms Fresh Fruit	25 BBQ Chicken Rice Cauliflower Fresh Fruit	26 Pizza Caesar Salad Watermelon
29 Macaroni and Cheese Plain Pasta Roasted Mixed Vegetables Fresh Fruit	30 Chicken Fingers Mashed Potatoes Peas and Carrots Fresh Fruit	31 Potato and Cheese Blintzes Penne with Marinara Green Beans Fresh Fruit		

**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, PEACHES, FRESH FRUIT SALAD

ALL FOOD PROVIDED BY FIVE STAR CATERERS