

**Cantor Senior Center & Adult Day Care**

**MENU – October 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  |  |  |  | 1 |
|  | Two pumpkins on hay with a white background |  |  | 3 oz BBQ Chicken  ½ c Potato Kugel  ½ c String Beans  2 oz. Challah Roll /Margarine  ½ c. Fresh Fruit  1 Package Powdered Milk |
| 4 | 5 | 6 | 7 | 8 |
| 3 oz. Meatloaf w/ gravy  ½ c. Garlic Mashed Potatoes  ½ c Peas & Carrots  2 oz. Dinner roll w/ margarine  ½ c. Seasonal Fruit Cup  1 Package Powdered Milk | ¾ c. Tuna Salad  ½ c. Garden Salad w/dressing  ½ c. Pasta Salad in Vinaigrette  2 oz. Dinner Roll/Margarine  ½ c. Canned Fruit  1 Package Powdered Milk | 3 oz. Chicken Francaise  ½ c. Herb Roasted Potatoes  ½ c. Green Beans  2 oz.WG Dinner Roll w/ margarine  ½ c. Peaches  1 Package of Powdered Milk | 4 oz. Krab Salad Roll on WG Roll  ½ c Mixed Greens w/ dressing  ½ c Coleslaw  ½ cup Peaches  1 Package of Powdered Milk | 3 oz. Chicken Francoise  ½ c. Herb Roasted Potatoes  ½ c. Green Beans  2 oz.WG Roll w/ margarine  ½ c. Peaches  1 Package of Powdered Milk |
| 11 | 12 | 13 | 14 | 15 |
| 2 (2 oz) Kosher hot dog  ½ c. Sauerkraut  ½ c. Baked Beans  1 WG Hot Dog Bun  ½ c Pineapple  1 packet Ketchup & Mustard  1 Package Powdered Milk | Grilled Chicken Caesar Wrap (3oz Grilled Chicken on 12” WG Tortilla) w/ Caesar dressing  1 cup Romaine Lettuce (in wrap)  ½ cup Tomato (in wrap)  ½ c Green Bean Salad  ½ cup Apple Sauce  1 Package of Powdered Milk | 3 oz. Sweet and Sour Meatballs  ½ c. Egg Noodles  ½ c. Asian slaw  2oz. Dinner Roll/ Marg  1 Banana  1 Package Powdered Milk | 3 oz Hot Turkey Pastrami  ½ c. Potato Salad  ½ c. Tomato Cucumber Onion Salad  1 WG Hoagie Roll  1 packet mustard  ½ c Apple Sauce  1 Package Powdered Milk | 3 oz Baked Chicken  ½ c. Roasted Potatoes  ½ c. Squash Medley  2 oz. Challah Roll /Margarine  ½ c. Mixed Fruit  1 Package Powdered Milk |
| 18 | 19 | 20 | 21 | 22 |
| 3 oz Chicken Marsala  ½ c Orzo  ½ c Baby Carrots  ½ c Zucchini in Tomato Sauce  1 Dinner Roll w/ Margarine  1/2 cup Canned Fruit  1 Package Powdered Milk | 4 oz. Egg Salad  ½ c. Cole Slaw  ½ c. Tomato/Cucumber/Onion  2 sl of WG Bread w/Margarine  ½ c. Canned Fruit  1 Package Powdered Milk | 3 oz. Chicken Schnitzel  ½ c. cous cous  ½ c. squash medley  2 Oz. Dinner Roll/Margarine  ½ c. Peaches  1 Package Powdered Milk | 9 oz. Vegetable Lasagna (4 oz. pasta, 2 oz. Tomato sauce, 2 oz. Spinach, 1 oz. Mushroom)  ½ c. Mixed Fruit  2 oz. WG Dinner Roll  1 Package of Powdered Milk | 3 oz. Lemon Roasted Chicken  ½ c. Potato Kugel  ½ c. String Beans  2 oz. Challah Roll/margarine  ½ c. Canned Fruit  1 Package Powdered Milk |
| 25 | 26 | 27 | 28 | 29 |
| 3 oz. Hamburger w/ Lettuce & Tomato on WG Bun  ½ c. Roasted Potato  ½ c. Grilled Vegetables  ½ c. Mixed Fruit  1 pkt Ketchup, Mustard  1 Package Powdered Milk | 8 oz. Eggplant Parmesan (4oz Eggplant , 2 oz. mozzarella , 2 oz Marinara)  ½ c. Spaghetti w/ Garlic Sauce  ½ c. Mixed Vegetables  ½ c. Seasonal Fruit  1 Package Powdered Milk | 3 oz Roast Turkey Breast w/ stuffing & Cranberry Sauce  ½ c Caramelized Sweet Potato  ½ C Mixed Vegetables  2 Oz. Dinner Roll/Margarine  ½ c. Mixed Fruit  1 Package Powdered Milk | Cobb Salad (3 oz Chicken on Bed of Mixed Greens w/ Boiled Egg)  ½ cup Chickpea salad (side)  2 Packs Matzah Crackers  1 Packet of Balsamic Dressing  ½ cup Pears  1 Package of Powdered Milk | 3 oz. Roasted Chicken  ½ c. Potato Kugel  ½ c. Mixed Vegetables  2 oz. Challah Roll/Margarine  ½ c. Canned Fruit  1 Package Powdered Milk |

**APPROVED BY AND SIGNED BY: ALEX FRIZZELLE, RD, LDN**

**CATERER: STERLING KOSHER DATE: 8/1/21**

Requirements are as follows: Grains- 2 servings (1 cup cooked pasta or rice,) (2 slices of bread, 1 oz each). Protein-3 oz Cooked Edible Portion Meat or Alternative. Vegetable-2 servings (1/2 c each serving). Fruit- 1 Serving ½ cup (4oz). Fat- 1 teaspoon Butter or Fortified Margarine; Milk -1 cup (8oz.)