

**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 Chicken½ c Potato Kugel½ c String Beans2 oz. Challah Roll /Margarine½ c. Fresh Fruit1 Package Powdered Milk |
| 4 | 5 | 6 | 7 | 8 |
| 3 oz. Meatloaf w/ gravy½ c. Garlic Mashed Potatoes½ c Peas & Carrots 2 oz. Dinner roll w/ margarine½ c. Seasonal Fruit Cup1 Package Powdered Milk | ¾ c. Tuna Salad½ c. Garden Salad w/dressing½ c. Pasta Salad in Vinaigrette2 oz. Dinner Roll/Margarine½ c. Canned Fruit1 Package Powdered Milk | 3 oz. Chicken Francaise½ c. Herb Roasted Potatoes½ c. Green Beans2 oz.WG Dinner Roll w/ margarine½ c. Peaches1 Package of Powdered Milk | 4 oz. Krab Salad Roll on WG Roll½ c Mixed Greens w/ dressing ½ c Coleslaw ½ cup Peaches 1 Package of Powdered Milk | 3 oz. Chicken Francoise½ c. Herb Roasted Potatoes½ c. Green Beans2 oz.WG Roll w/ margarine½ c. Peaches1 Package of Powdered Milk |
| 11 | 12 | 13 | 14 | 15 |
| 2 (2 oz) Kosher hot dog ½ c. Sauerkraut½ c. Baked Beans1 WG Hot Dog Bun½ c Pineapple1 packet Ketchup & Mustard1 Package Powdered Milk | Grilled Chicken Caesar Wrap (3oz Grilled Chicken on 12” WG Tortilla) w/ Caesar dressing1 cup Romaine Lettuce (in wrap)½ cup Tomato (in wrap)½ c Green Bean Salad½ cup Apple Sauce1 Package of Powdered Milk | 3 oz. Sweet and Sour Meatballs½ c. Egg Noodles½ c. Asian slaw2oz. Dinner Roll/ Marg1 Banana1 Package Powdered Milk | 3 oz Hot Turkey Pastrami½ c. Potato Salad½ c. Tomato Cucumber Onion Salad1 WG Hoagie Roll1 packet mustard½ c Apple Sauce1 Package Powdered Milk | 3 oz Baked Chicken½ c. Roasted Potatoes½ c. Squash Medley2 oz. Challah Roll /Margarine½ c. Mixed Fruit1 Package Powdered Milk |
| 18 | 19 | 20 | 21 | 22 |
| 3 oz Chicken Marsala ½ c Orzo½ c Baby Carrots ½ c Zucchini in Tomato Sauce 1 Dinner Roll w/ Margarine1/2 cup Canned Fruit1 Package Powdered Milk | 4 oz. Egg Salad ½ c. Cole Slaw½ c. Tomato/Cucumber/Onion 2 sl of WG Bread w/Margarine½ c. Canned Fruit1 Package Powdered Milk | 3 oz. Chicken Schnitzel½ c. cous cous ½ c. squash medley 2 Oz. Dinner Roll/Margarine½ c. Peaches1 Package Powdered Milk | 9 oz. Vegetable Lasagna (4 oz. pasta, 2 oz. Tomato sauce, 2 oz. Spinach, 1 oz. Mushroom)½ c. Mixed Fruit2 oz. WG Dinner Roll1 Package of Powdered Milk | 3 oz. Lemon Roasted Chicken½ c. Potato Kugel½ c. String Beans2 oz. Challah Roll/margarine½ c. Canned Fruit1 Package Powdered Milk |
| 25 | 26 | 27 | 28 | 29 |
| 3 oz. Hamburger w/ Lettuce & Tomato on WG Bun½ c. Roasted Potato½ c. Grilled Vegetables½ c. Mixed Fruit1 pkt Ketchup, Mustard1 Package Powdered Milk | 8 oz. Eggplant Parmesan (4oz Eggplant , 2 oz. mozzarella , 2 oz Marinara) ½ c. Spaghetti w/ Garlic Sauce½ c. Mixed Vegetables½ c. Seasonal Fruit1 Package Powdered Milk | 3 oz Roast Turkey Breast w/ stuffing & Cranberry Sauce½ c Caramelized Sweet Potato ½ C Mixed Vegetables 2 Oz. Dinner Roll/Margarine½ c. Mixed Fruit1 Package Powdered Milk | Cobb Salad (3 oz Chicken on Bed of Mixed Greens w/ Boiled Egg)½ cup Chickpea salad (side)2 Packs Matzah Crackers1 Packet of Balsamic Dressing½ cup Pears1 Package of Powdered Milk | 3 oz. Roasted Chicken½ c. Potato Kugel½ c. Mixed Vegetables2 oz. Challah Roll/Margarine½ c. Canned Fruit1 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.)