

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mac N Cheese  Broccoli Florets Heirloom Tomato Salad	2 Turkey Hoagies  Corn on the cob Potato Salad	3 Pizza  Roasted Zucchini Caesar Salad
6 Zucchini Bisque Soup French Toast Maple Syrup Yogurt Berries Tater Tots	7 No Sessions	8 Cheese Ravioli with Vodka Sauce Roasted Broccoli Mushroom Salad	9 Chicken Nuggets for EC Nuggets/Poppers Gr. 1-8 Egg Barley Vegetable Medley 	10 Pizza  Roasted Broccoli Caesar Salad
13 Cauliflower Soup Cheese Blintzes Potato Blintzes Apple Sauce Sour Cream Sliced Cucumber Sliced Pepper	14 Egg Drop Soup Chicken Lo Mein Sugar Snap Peas Fried Rice	15 Tomato Soup Grilled Cheese  Roasted Sweet Potatoes Roasted Cauliflower	16 Vegetable Soup Hamburgers on a seedless bun  Potato Knishes Sautéed Green Beans	17 Pizza  Vegetable Medley Caesar Salad
20 Butternut Squash Soup Baked Ziti Vegetable Medley	21 Black Bean Soup Grilled Chicken Cutlets Israeli Cous Cous Israeli Salad	22 Minestrone Soup Pancakes Hash Browns Yogurt Bananas	23 Thanksgiving-NO Sessions	24 No Sessions
27 Mushroom Barley Soup Broccoli Cheese Quiche Roasted Mixed Peppers Roasted Potatoes	28 Chicken Soup Meatballs Brown Rice String Beans	29 Eggplant Parmesan Roasted Zucchini Quinoa Salad	30 Lentil Soup Shwarma Israeli Salad Steak Fries Sesame Free Chumus	

Available Daily

Bread Display

Assorted Seed Free Mini Bagels

Sliced whole wheat Bread

Sliced White Bread

Sliced Rye Bread

Cream Cheese, Butter, Sliced Cheese, and Jelly

Soy butter

Salad Bar

May Include

Greens

Romaine, Mesclun, Spinach, Arugula, Iceberg

Vegetables

Cucumbers, Tomatoes, Shredded Carrots, Assorted Peppers, Edamame, Cherry Tomatoes, Celery, Mushrooms, Roasted Sweet Potato, Roasted Zucchini, Roasted Squash, Roasted Mushrooms, Green Peas, Red Cabbage, Red Onion, Baby corn, Chick Peas, Black Beans, kidney Beans, Diced Beets, water Chestnuts, Pickles, Olives, Hearts of Palm,

Toppings

Croutons, Chinese Noodles, Terra Sticks, Quinoa, Craisins, Tuna, Hard Boiled Eggs, and Plain Pasta

Dressings

Italian, Creamy Italian, Balsamic Vinaigrette, French, Russian, Caesar, Raspberry Vinaigrette, Olive Oil, Lemon

Juice

Whole Fruit

Apples, Oranges, Bananas, Peaches, and Plums

Fresh Fruit Cups

Assorted Yogurt