

# February

2020

## Congregation Beth Israel Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Chicken (Tempeh) Sliders Sweet Potato Fries – V Carrots – V, GF, DF Fruit – V, GF, DF	4 Taco Tuesday GF, DF beef & Vegan option Beans & rice GF, DF V fruit	5 Cheese Tortellini with Marinara (GF PASTA) V Garlic Bread Sticks - V Peas GF DF V	6 Chicken Stir Fry, (Tofu)-GF, DF Egg rolls - Rice – DF, V Fruit, DF, GF, V	7	8
9	10 Turkey (TVP) Sloppy Joes Tater Tots GF, DF, V Broccoli V, GF, DF Fruit	11 Bean/Cheese Quesadilla Rice – V, GF Corn, DF, GF, V Fruit – V, GF, DF	12 Spaghetti & Meatballs Garlic bread V Peas V, GF, DF Fruit V, GF, DF	13 Baked Chicken (Tempeh) GF DF Buttered Noodle V, Green Beans V, GF, DF Fruit V, GF, DF	14	15
16	17 Fish Sticks Mac & Cheese Cauliflower V, GF, DF Fruit V, GF, DF	18 Enchilada Pie GF Rice – V, GF, DF Corn – V, GF, DF Fruit – V, GF, DF	19 Chicken Alfredo (Tofu) Garlic Bread Sticks, V Peas – V, GF, DF Fruit – V, GF, DF	20 Pot stickers (veg) Riced Cauliflower V, GF, DF Bok Choy V, GF, DF Fruit V, GF, DF	21	22
23	24 Hamburgers (Boca) w/fixins French Fries Peas/ Carrots V, GF, DF Fruit V, GF, DF	25 Taco Tuesday GF, DF Chicken & Vegan option Beans & rice GF, DF V fruit	26 Pasta Bolognese Garlic Bread - V, Broccoli - V, GF, DF Fruit V, GF, D	27 Pierogi's (Potato & Cheese) Zucchini Spirals GF, DF, V Cucumber Salad - V, GF, DF Fruit V, GF, DF	28	29
	Vegetarian Vegan options: Boca Burgers, Tofu, Tempeh, Vegetable, TVP	<ul style="list-style-type: none"> <li>Gluten free pasta &amp; Breads available</li> </ul>				