

CBI June 2022  
LUNCH MENU

Congregation Beth Israel

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Brisket GF DF Roasted Broccoli GF,DF,V Potatoes GF,DF,V Fresh Fruit GF,DF,V	Teriyaki Chicken GF,DF Veggie Fried Rice GF,DF,V Edamame Salad GF,DF,V Fresh Fruit GF,DF,V	NO Haute Lunch
6	7	8	9	10
Sunbutter Sandwiches Veggies W/Ranch GF,V Veggie straws GF,DF,V Fresh Fruit GF,DF,V	Beef Tacos DF Bell Pepper Strips GF,DF,V Pinto Beans GF,DF,V Fresh Fruit GF,DF,V	Chicken Nuggets DF Broccoli GF,DF,V Tater Tots GF,DF,V Fresh Fruit GF,DF,V	Garlic Roasted Turkey Breast GF,DF Stuffing ,V Peas & Carrots GF,DF,V Fresh Fruit GF,DF,V	NO Haute Lunch
13	14	15	16	17
Turkey & Cheese sandwich Veggie Straws GF,DF,V Veggie Sticks GF,DF,V Fresh Fruit GF,DF,V	Bean & Cheese Tacos V Cucumber Salad GF,DF,V Cilantro Rice GF,DF,V Fresh Fruit GF,DF,V	Chicken Pesto Pasta Cherry Tomatoes GF,DF,V Fresh Fruit GF,DF,V	All Beef Corn Dogs Veggies W/ Hummus GF,DF,V Fresh Fruit GF,DF,V	NO Haute Lunch
20	21	22	23	24
Meaty Italian Pasta Green Bean Salad GF,DF,V Fresh Fruit GF,DF,V	Turkey Tacos DF Pinto Beans GF,DF,V Bell Pepper Strips GF,DF,V Fresh Fruit GF,DF,V	Chicken Nuggets Roasted Zucchini & Squash GF,DF,V Mashed potatoes GF,DF,V Fresh Fruit GF,DF,V	Salmon Cakes E Roasted Cauliflower GF,DF,V Quinoa DF,V Fresh Fruit GF, DF, V	NO Haute Lunch
27	28	29	30	
Meatloaf E Mashed Potatoes GF,V Peas & Carrots GF,DF,V Fresh Fruit GF,DF,V	Chicken Quesadilla Black Beans GF,DF,V Spanish Rice GF,DF,V Fresh Fruit GF,DF,V	Tomato , Basil, mozzarella Pasta V 3 Bean Salad GF,DF,V Bell Pepper Strips GF,DF,V Fresh Fruit GF,DF,V	Fish Sticks DF Rice Pilaf GF,DF,V Broccoli GF,DF,V Fresh Fruit GF,DF,V	NO Haute Lunch

