

# August 2022

## LUNCH MENU

## Congregation Beth Israel

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
Chicken Tenders Mac n Cheese V Roasted Zucchini GF DF V Fresh Fruit  *Veggie Tenders V	Bean & Cheese Tacos V Cucumber Slices GF DF V Cilantro Rice GF DF V Fresh Fruit	Turkey & Cheese Sandwich Veggie Straws GF DF V Veggie Sticks W/ Hummus Fresh Fruit  *Veggie & Cheese Sandwich V	Salisbury Steaks W/ Gravy DF Mashed Potatoes GF V Roasted Yellow Squash Fresh Fruit  * Veggie Loaf W/ Gravy V	NO HAUTE LUNCH
22	23	24	25	26
Turkey Pot Pie Roasted Broccoli GF DF V Fresh Fruit  *Tofu Pot Pie V	Beef Soft Tacos DF Cilantro Rice GF DF V Pinto Beans GF DF V Fresh Fruit  *Bean & Cheese Soft Tacos V	Chicken Pesto Pasta Salad Bell Pepper Strips Garlic Bread Stick V Fresh Fruit  Veggie Pesto Pasta Salad V	Brisket Sandwich DF Potato Salad GF V E Coleslaw GF V E Fresh Fruit  *Pulled Veggie Sandwich V	NO HAUTE LUNCH
29	30	31		
Roasted Turkey Breast GF DF Mashed Potatoes GF V Green Beans GF DF V Fresh Fruit  *Roasted Tofu V	Chicken Veggie Quesadilla Black Beans GF DF V Corn & Bell Pepper Salad GF DF V Fresh Fruit  *Roasted Veggie Quesadilla V	Spaghetti & Meatballs E Garlic Breadsticks V Fresh Fruit  *Spaghetti W/ Veggie Balls		