

October 2024

Congregation Beth Israel

GF – Gluten Free DF – Dairy Free V – Vegetarian EF– Egg free

	1 Soft Chicken Tacos DF EF Spanish Riice GF DF V EF Refried Beans GF DF V EF Fruit	2 Swedish Meatballs Mashed Potatoes GF V EF Peas GF DF V EF Fruit	3 Rosh Hashana	4 No Haute Lunch
7 Chicken Pot Pie Veggie Salad GF DF EF V Fruit <i>*Tofu</i>	8 Beef Tacos DF EF Cilantro Rice GF DF EF V Beans GF DF EF V Fruit <i>*Veggie Taco</i>	9 Broccoli, Cheese, Rice GF EF WW Roll DF V EF Fruit	10 Turkey Meatloaf DF Mashed Potatoes GF DF EF V Peas & Carrots GF DF EF V Fruit	11 No Haute Lunch Yom Kippur
14 Baked Chicken GF DF EF Sweet Potatoes GF DF V EF Roasted Broccoli GF DF V EF Fruit <i>*Chickn'</i>	15 Cheese Enchiladas GF EFV Rice GF DF V EF Black Beans GF DF V EF Fruit <i>*Bean Taco</i>	16 Spaghetti & Meatballs GF DF EF Green Beans DF V Fruit <i>*Veggie balls</i>	17 Sukkat	18 No Haute Lunch
21 Cheese Tortellini V Mixed Veggies GF DF V EF Breadstick V Fruit	22 Bean & Cheese Tacos V EF Spanish Rice GF DF V EF PintoBeans GF DF V EF Fruit	23 Turkey Chili GF DF V EF Veggies DF V EF Fruit <i>*Veggie Chili</i>	24 Simchat Torah	25 No Haute Lunch
28 King Ranch Casserole GF Peas & carrots GF DF V EF Fruit <i>*Veggie King Ranch</i>	29 Beef Tacos DF EF Cilantro Rice GF DF EF V Refried Beans GF DF EF V Fruit <i>*Veggie Taco</i>	30 Turkey & Cheese wedges EF Tater Tots GF DF V EF Veggies GF DF V EF Fruit	31 Tomato Soup GF DF V EF Grilled Cheese V EF Veggies GF DF V EF Fruit	