


November

2023

Congregation Beth Israel

Monday	Tuesday	Wednesday	Thursday	Friday
		Turkey Chili GF DF V Cornbread Peas & Carrots GF DF V Fruit	Chicken Stir Fry GF DF Brown Rice GF DF V Fruit	No Haute Lunch
Beef Stew 6 WW Roll Fruit *Veggie Stew GF DF V	Soft Chicken Tacos GF DF Refried Beans GF DF V Rice GF DF V Fruit *Bean Taco	Grilled Cheese V Tomato Soup Fruit	Turkey Tetrazzini 9 Peas & Carrots GF DF V Fruit *Tofu Tetrazzini	No Haute Lunch
Shepherd' Pie GF 13 WW Roll Fruit *Veggie Pie	Bean & Cheese Tacos V 14 Spanish Rice GF DF V Fruit	Chicken Tenders 15 Mac & Cheese V Green Beans GF DF V Fruit *Chickn' Nuggets	Meatball Sub 16 Potato Salad GF DF V Fruit *Veggie Ball Sub	No Haute Lunch
Chicken GF DF 20 Broccoli Rice Casserole GF V Fruit ChickN'	Cheese Quesadillas V 21 Corn & Bean Salad GF DF V Fruit	Sunbutter Bento 22 Fresh Veggies GF DF V Popcorn Fruit	23 Happy Thanksgiving!!! 	24
Corndogs 27 Tater Tots GF DF V Cucumbers & tomato GF DF V Fruit *Veggie Dog	Cheese Enchiladas GF V 28 Guacamole salad GF DF V Cilantro Rice GF DF V Fruit	BBQ Chicken 29 Mac & Cheese V Green Beans GF DF V Fruit	Beef Teriyaki GF DF 30 Mixed Veggies GF DF V Brown Rice GF DF V Fruit *Tofu Teriyaki GF DF V	