


November 2024

LUNCH MENU

Congregation Beth Israel

GF – Gluten Free		DF – Dairy Free		V – Vegetarian		EF– Egg free	
							1 No Haute Lunch
4 Vegetable Soup GF DF V EF Cornbread Fruit	5 Soft Chicken Tacos DF EF Corn Salad GF DF V EF Fruit <i>*Chickn'</i>	6 Turkey Tetrzzini Noodles V Peas GF DF V EF Fruit <i>*Veggie Tetrzzini</i>	7 Fish Sticks DF Mac N Cheese V Green Beans GF DF V EF Fruit <i>*Tofu Sticks</i>				8 No Haute Lunch
11 Beef meat sauce with Spaghetti Mixed Veggies GF DF V EF Fruit <i>*Veggie Lasagna</i>	12 Cheese Quesadilla GF V EF Rice GF DF V EF Black Beans GF DF V EF Fruit	13 Turkey Meatloaf DF Scalloped Potatoes GF V EF Peas & Carrots GF DF V EF Fruit <i>*Veggie Loaf</i>	14 Brisket Sandwich DF Chips DF V EF Fruit <i>*Jackfruit</i>				15 No Haute Lunch
18 Chicken GF DF EF Broccoli GF DF V EF Rice GF DF V EF Fruit	19 Bean & Cheese Taco V EF Spanish Rice GF DF V EF Fruit	20 Pasta Marinara DF V EF Mixed Veggies GF DF V EF Breadstick DF V EF Fruit	21 Hot Italian Beef Sub DF EF Veggie Straws GF DF V EF Fruit <i>*Veggie Sub</i>				22 No Haute Lunch
25 Turkey Chili GF DF EF Cornbread Fruit <i>*Veggie Chili</i>	26 Beef Tacos Rice GF DF V EF Beans GF DF V EF Fruit <i>*Bean TAcO</i>	27 Happy Thanksgiving!!!	28 				29 