

# May

**2024**

## Congregation Beth Israel

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday         |
|--|--|--|--|----------------|
|  | 2  | 1  | 2  | 3              |
|  |  | Corndogs<br>Fresh Veggies <b>GF DF V</b><br>Fruit<br><b>*Veggie Dogs</b>   | Chicken Stir Fry <b>GF DF</b><br>Rice <b>GF DF V</b><br>Broccoli <b>GF DF V</b><br>Fruit<br><b>*Veggie S6r Fry</b> | No Haute Lunch |
| 6  | 7  | 8  | 9  | 10             |
| Salisbury Steak <b>DF</b><br>Mashed Potatoes <b>GF V</b><br>Peas <b>GF DF V</b><br>Fruit<br><b>*Mushroom Steak GF DF V</b> | Turkey Tacos <b>DF</b><br>Refried Beans <b>GF DF V</b><br>Cilantro Rice <b>GF DF V</b><br>Fruit<br><b>*Tofurkey taco</b> | BBQ Chicken <b>GF DF</b><br>Corn <b>GF DF V</b><br>Green Beans <b>GF DF V</b><br>Fruit<br><b>*BBQ Chickn"</b>    | Pasta Marinara <b>DF V</b><br>Broccoli <b>GF DF V</b><br>Fruit   | No Haute Lunch |
| 13   | 14   | 15   | 16   | 17             |
| Turkey Pot Pie<br>Veggie salad <b>GF DF V</b><br>Fruit<br><b>*Veggie Pot Pie</b>   | Beef Tacos <b>DF</b><br>Beans <b>GF DF V</b><br>Rice <b>GF DF V</b><br>Fruit<br><b>*Bean Taco</b>                        | Chicken Tenders <b>DF</b><br>Mac N Cheese <b>V</b><br>Green Beans <b>GF DF V</b><br>Fruit<br><b>*Chickn</b>      | Swedish Meatballs<br>BuKered Noodles <b>V</b><br>Zucchini <b>GF DF V</b><br>Fruit<br><b>*Veggie Balls</b>          | No Haute Lunch |
| 20   | 21   | 22   | 23   | 24             |
| Chicken and Rice Casserole <b>GF</b><br>Zucchini & Squash <b>GF DF V</b><br>Fruit<br><b>*Tofu &amp; Rice Casserole</b>     | Bean & Cheese Tacos <b>V</b><br>Cilantro Rice <b>GF DF V</b><br>Fruit  | Fish Sticks<br>Mac N Cheese <b>V</b><br>Peas & Carrots <b>GF DF V</b><br>Fruit<br><b>*Tofu Sticks</b>            | Teriyaki Meatballs <b>DF</b><br>Rice <b>GF DF V</b><br>Broccoli <b>GF DF V</b><br>Fruit<br><b>*Veggie Balls</b>    | No Haute Lunch |
| 27   | 28   | 29   | 30   | 31             |
| Happy Memorial Day!<br><br>No Haute Lunch  | Cheese Quesadillas <b>V</b><br>Guacamole Salad <b>GF DF V</b><br>Street Corn <b>GF V</b><br>Fruit                        | Len6l Soup <b>GF</b><br>Cheese Bread <b>DF V</b><br>Cucumber Salad <b>GF DF V</b><br>Fruit<br><b>*Veggie Pie</b> | Chicken Alfredo<br>Broccoli <b>GF DF V</b><br>Fruit<br><b>*Veggie Alfredo</b>                                      | No Haute Lunch |