

October

2020

Congregation Beth Israel

October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			Terriyaki Chicken GF Fried Veggie Rice GF DF V Egg roll DF V Pineapple GF DF V	Pizza
Turkey Tetrizzini WW roll Peas & Carrots GF DF V Apples GF DF V	Beef Soft Tacos Rice GF DF V Refried Beans GF DF V Oranges GF DF V	Fish Sticks DF Mac & Cheese V Green Beans GF DF V Melon GF DF V	Grilled Chicken GF Brown Rice V Mixed veggies GF DF V Pineapple GF DF V	Pizza
Chicken & Rice Casserole GF Cucumber & tomato salad GF DF V Apples GF DF V	Turkey soft tacos Rice GF DF V Black Beans GF DF V Mandarin oranges GF DF V	Tortellini w/ Marinara sauce V Garlic Bread Sticks V Peas GF DF V Melon GF DF V	Swedish meatballs (Chicken) Buttered noodles V Roasted Broccoli GF DF V pineapple GF V	Pizza
Turkey & Cheese sandwiches on WW bread Veggie straws GF DF V Apples GF DF V	Bean & Cheese Quesadilla V Corn GF DF V Spanish Rice GF DF V Oranges GF DF V	Spaghetti & Meatballs Roasted Broccoli GF DF V Melon GF DF V	Baked Chicken slider GF DF French Fries GF DF V Butternut Squash GF DF V Pineapple GF DF V	Pizza
Roasted Turkey GF DF Mashed Sweet Potatoes GF V Cornbread GF DF V Apples GF DF V	Cheese Enchiladas GF V Black Bean GF DF V Spanish Rice GF DF V Oranges GF DF V	Baked Fish GF DF V Roast Potatoes GF DF V Roasted Broccoli GF DF V Melon GF DF	Chicken Strips Mashed cauliflower potatoes V Zucchini & Squash DF V Pineapple GF DF V	Pizza