





# LUNCH MENU Summer 2023

All food is under supervision of the Vaad HaRabonim of MetroWest. All food provided by Shimtal Caterer.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 5	<b>JULY 24</b>  Cheese Tortellini in Marinara or Pesto Butter, Carrots, Caesar Salad	<b>JULY 25</b>  Chicken Schnitzel, Couscous, Steamed Vegetables	<b>JULY 26</b>  Cheese Ravioli in Marinara, Green Beans	<b>JULY 27</b>  Plain Bagels, Tuna, Egg Salad, American Cheese, Tomatoes	<b>JULY 28</b>  Sicilian Pizza, Corn Nibbles
WEEK 6	<b>JULY 31</b>  Baked Ziti Garlic Knots	<b>AUGUST 1</b>  Turkey, Salami, Bologna on Whole Wheat, Pickles, Coleslaw, Chips	<b>AUGUST 2</b>  Macaroni & Cheese, Plain Pasta, Marinara on Side, Vegetable	<b>AUGUST 3</b>  BBQ/Roast Chicken, Rice Pilaf, Green Beans	<b>AUGUST 4</b>  Sicilian Pizza, Black Beans Cookies
WEEK 7	<b>AUGUST 7</b>  Cheese Ravioli in Marinara, Green Beans	<b>AUGUST 8</b>  Hamburger, Hot Dogs, Baked Beans, Sauerkraut, Pickles	<b>AUGUST 9</b>  Spaghetti & Meatball, Subs, Peas & Carrots	<b>AUGUST 10</b>  Chicken Fajitas, Tortilla, Rice, Black Beans	<b>AUGUST 11</b>  Cheese Quesadillas, Veggie Taco, Rice, Sour Cream, Guacamole
WEEK 8	<b>AUGUST 14</b>  Macaroni & Cheese, Plain Pasta, Marinara on Side, Vegetable	<b>AUGUST 15</b>  BBQ/Roast Chicken, Rice Pilaf, Green Beans	<b>AUGUST 16</b>  Plain Bagels, Tuna, Egg Salad, American Cheese, Tomatoes	<b>AUGUST 17</b>  Chicken Nuggets, Couscous, Steamed Vegetables	<b>AUGUST 18</b>  Sicilian Pizza, Corn Nibbles

## Our Every Day Healthy Choices Include:

### SALAD BAR

Israeli salad, broccoli, chickpeas, baby corn, green peas, peppers, edamame, cole slaw, pickles, couscous, quinoa, mixed lettuce and vegetable, pasta salad, wild rice salad, kidney beans, raisins, corn, olives

### DRESSINGS

French (Lite), Italian (Lite), honey mustard, raspberry vinaigrette, balsamic vinaigrette

### FRUIT (selected from seasonally available varieties):

Banana, watermelon, pineapple, peaches, apples, oranges, grapes, apple sauce, cantaloupe, honeydew, fruit cocktail, canned fruit

### AVAILABLE DIETARY OPTIONS:

Soy butter and jelly sandwiches, pasta with homemade marinara sauce, gluten-free pasta

### OUR FACILITY IS PROUDLY:



**NUT FREE**  
If your child requires a special diet, please contact us for a personalized menu.

