LUNCH MENU
WEEK OF MAY 13TH

cater to you

The Heschel School

a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Hot and Sour	Creamy Cauliflower and Wild Rice	Matzah Ball and Vegetable Broth	Mixed Squash Bisque	Fire Roasted Tomato
ENTRÉE	Vegetable Pad Thai with Crispy Tofu and Mixed Vegetables	Fried Flounder Tenders with Lemon and Tartar Sauce	Three Cheese Baked Ziti and Vegetable Bolognese Baked Ziti	Falafel with Tzatziki Sauce and Grilled Pita Bread	Vegetable Empanadas & Broccoli and Cheese Empanadas
ACCOMPANIMENTS	Hoisin Braised Bok Choy and Mushrooms	Mashed Sweet Potato	Spinach, Lemon Garlic Quinoa Sauté	Israeli Cous Cous With Slow Roasted Tomato and Asparagus	Vegetable Jambalaya Rice
ACCOMPANIMENTS	Scallion Pancakes with Ponzu Dipping Sauce	Roasted Asparagus and Tomatoes	Vegetable Medley	Sauteed Broccoli with Garlic and Oil	Sautéed Mixed Vegetable Medley
SANDWICH OR WRAP OF THE DAY	Spring Rice Paper Vegetable Rolls	Sunflower Butter and Jelly on Whole Wheat Sliced Bread	Tuna Salad with Lettuce and Tomato on Whole Wheat French Baguette	Hummus, Grilled Eggplant and Roasted Pepper Wrap	Egg Salad with Spinach On Rye

Selections Listed Below are Available Daily

MAKE YOUR OWN *Items are Subject to Change Based on Availability*	SANDWICH	Ciabatta Roll ▪ Bagels Whole Wheat Bread Rye ▪ Challah Bread Gluten Free Bread Home-style Country Bread	Tuna ▪ Egg Salad ▪ Salmon Salad ▪ Cream Cheese Flavored Cream Cheese ▪ Jellies
			CHEESES - Muenster ▪ Swiss ▪ Cheddar ▪ Mozzarella / Condiments
	SALAD	Romaine ▪ Boston Arugula ▪ Escarole Spinach ▪ Kale	Lettuce ▪ Tomato ▪ Pickled Onion ▪ Roasted Vegetables ▪ Carrots ▪ Beans Celery ▪ Cucumbers ▪ Hard Boiled Eggs ▪ Pickles ▪ Peppers ▪ Olives ▪ Croutons ▪ Roasted Vegetables ▪ Tofu ▪ Plain Tuna ▪ Beets
			Balsamic Vinaigrette ▪ Apple Cider Vinaigrette ▪ Caesar Dressing CTY Dressing (citrus - thyme vinaigrette) ▪ Oil and Vinegar
COMPOSED SALADS	FEATURED SALADS	A Protein Salad A Grain Salad A Vegetable Salad A Special Green Salad	*Featured Salads are Seasonally Based and Changed Daily*
BEVERAGES and DESSERTS Items are Subject to Change Based on Availability	BEVERAGES		Homemade Aqua Fresca ▪ Flavored Water ▪ Apple Cider Ronny brook Milk and Chocolate Milk
	DESSERTS	Sweet Desserts are Offered Once a Week	Fruit Salad ▪ Whole Fruit ▪ Ice Cream ▪ Frozen Fruit Bars Whole Grain Cookies ▪ Fresh Baked Fruit Desserts ▪ Yogurt

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