

TEHIYAH HOT LUNCH MENU - FALL 2011

If you are not ordering a Meal Plan but wish your child to receive a gluten-free or lactose-free meal, contact Chef Selma at [chefselma@tehiyah.org](mailto:chefselma@tehiyah.org) 24 hours in advance of the preferred lunch.

\*\* Egg-free options are also available for some meals but not as a separate meal plan. Egg-free options can also be ordered 24 hours in advance of the preferred lunch.

| Day       | Date               |   | Extra Main Course Option Available | Lactose Free Option Available | Gluten Free Option Available | Egg Free Option Available ** |
|-----------|--------------------|---|------------------------------------|-------------------------------|------------------------------|------------------------------|
| Tuesday   | August 23, 2011    | Potato Borekas, Israeli Couscous, Tomato Salad and a Dessert  | X                                  | X                             |                              | **                           |
| Wednesday | August 24, 2011    | BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit               | X                                  | X                             | X                            |                              |
| Thursday  | August 25, 2011    | Pasta Marinara, Vegetable of the Day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert           |                                    | X                             | X                            | **                           |
| Friday    | August 26, 2011    | Tuna Salad Sandwich, Potato Chips, Salad and Fresh Fruit  | X                                  | X                             | X                            | **                           |
| Shabbat   | August 27, 2011    |   |                                    |                               |                              |                              |
| Sunday    | August 28, 2011    |   |                                    |                               |                              |                              |
| Monday    | August 29, 2011    | Vegetarian Chili, Grated Cheese , Brown Rice, Cornbread, Salad and Fresh Fruit                                  |                                    | X                             | X                            | **                           |
| Tuesday   | August 30, 2011    | Tofu Nuggets with Orzo Pilaf, Salad and Fresh Fruit   |                                    | X                             |                              |                              |
| Wednesday | August 31, 2011    | BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit         | X                                  | X                             | X                            |                              |
| Thursday  | September 1, 2011  | Pesto Pasta, Salad, Fluffy Biscuit and a Dessert  |                                    | X                             | X                            | **                           |
| Friday    | September 2, 2011  | Bagel Lunch Day - Remember to order or bring from home!   |                                    |                               |                              |                              |
| Shabbat   | September 3, 2011  |   |                                    |                               |                              |                              |
| Sunday    | September 4, 2011  |   |                                    |                               |                              |                              |
| Monday    | September 5, 2011  |   |                                    |                               |                              |                              |
| Tuesday   | September 6, 2011  | Burritos with a Choice of: Refried Beans, Spanish Rice, Cheese, Salsa Fresca, Sour Cream, Salad and Fresh Fruit |                                    | X                             |                              | **                           |
| Wednesday | September 7, 2011  | BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit               | X                                  | X                             | X                            |                              |
| Thursday  | September 8, 2011  | Mac & Cheese, Vegetable of the day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert             |                                    | X                             | X                            | **                           |
| Friday    | September 9, 2011  | French Bread Pizza, Salad Bar, Fresh Fruit  | X                                  | X                             | X                            |                              |
| Shabbat   | September 10, 2011 |   |                                    |                               |                              |                              |
| Sunday    | September 11, 2011 |   |                                    |                               |                              |                              |
| Monday    | September 12, 2011 | Parmesan Potato Wedges, Vegetable of the Day, Salad and Fresh Fruit   |                                    | X                             | X                            | **                           |
| Tuesday   | September 13, 2011 | Falafel, Pita, Hummus, Israeli Salad, Fresh Fruit   |                                    | X                             | X                            | **                           |
| Wednesday | September 14, 2011 | BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit         | X                                  | X                             | X                            |                              |
| Thursday  | September 15, 2011 | Spaghetti Bolognese, Vegetable of the Day, Salad, Fluffy Biscuit and Fresh Fruit                                |                                    | X                             | X                            | **                           |
| Friday    | September 16, 2011 | Grilled Cheese Sandwich, Salad and a Cookie   | X                                  | X                             | X                            |                              |
| Shabbat   | September 17, 2011 |   |                                    |                               |                              |                              |
| Sunday    | September 18, 2011 |   |                                    |                               |                              |                              |
| Monday    | September 19, 2011 | Fish Sticks, Vegetable of the Day, Mashed Potatos, Salad and Fresh Fruit  |                                    | X                             |                              |                              |
| Tuesday   | September 20, 2011 | Vegetable Latkes, Sour Cream, Apple Sauce, Salad  |                                    | X                             | X                            |                              |
| Wednesday | September 21, 2011 | BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit               | X                                  | X                             | X                            |                              |
| Thursday  | September 22, 2011 | Lasagna with a Salad, Garlic or Sourdough Baquette (alternating), and a Dessert                                 |                                    | X                             | X                            | **                           |
| Friday    | September 23, 2011 | Focaccia Bread Pizza, Salad Bar and Fresh Fruit   | X                                  | X                             | X                            |                              |
| Shabbat   | September 24, 2011 |   |                                    |                               |                              |                              |
| Sunday    | September 25, 2011 |   |                                    |                               |                              |                              |
| Monday    | September 26, 2011 | Corn Tacos with "Meat" Crumbles, Refried Beans, Spanish Rice, Fresh Salsa, Sour Cream and Fresh Fruit           |                                    | X                             | X                            | **                           |
| Tuesday   | September 27, 2011 | Cheese Borekas, Israeli Couscous, Tomato Salad and Fresh Fruit  | X                                  | X                             |                              | **                           |
| Wednesday | September 28, 2011 | BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit         | X                                  | X                             | X                            |                              |
| Thursday  | September 29, 2011 | Rosh Hashanah   |                                    |                               |                              |                              |
| Friday    | September 30, 2011 |   |                                    |                               |                              |                              |
| Shabbat   | October 1, 2011    |   |                                    |                               |                              |                              |
| Sunday    | October 2, 2011    |   |                                    |                               |                              |                              |
| Monday    | October 3, 2011    | Baked Potato with a Selection of Toppings, Salad and Fresh Fruit  |                                    | X                             | X                            | **                           |
| Tuesday   | October 4, 2011    | Indonesian Rice & Fried Tofu, Asian Style Salad Bar and Fresh Fruit   |                                    | X                             |                              | **                           |

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| Day       | Date              |   | Extra Main Course Option Available | Lactose Free Option Available | Gluten Free Option Available | Egg Free Option Available ** |
|-----------|-------------------|---|------------------------------------|-------------------------------|------------------------------|------------------------------|
| Wednesday | October 5, 2011   | BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit               | X                                  | X                             | X                            |                              |
| Thursday  | October 6, 2011   | Pasta Mediterranea, Salad, Garlic or Sourdough Baguette (alternating), and Fresh Fruit                          |                                    | X                             | X                            | **                           |
| Friday    | October 7, 2011   | Yom Kippur  |                                    |                               |                              |                              |
| Shabbat   | October 8, 2011   | Yom Kippur  |                                    |                               |                              |                              |
| Sunday    | October 9, 2011   |   |                                    |                               |                              |                              |
| Monday    | October 10, 2011  | Vegetarian Enchiladas with Spanish Rice, Salad and Fresh Fruit  |                                    |                               |                              |                              |
| Tuesday   | October 11, 2011  | Falafel, Pita, Hummus, Israeli Salad, Fresh Fruit   |                                    | X                             | X                            | **                           |
| Wednesday | October 12, 2011  | BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit         | X                                  | X                             | X                            |                              |
| Thursday  | October 13, 2011  | Sukkot  |                                    |                               |                              |                              |
| Friday    | October 14, 2011  |   |                                    |                               |                              |                              |
| Shabbat   | October 15, 2011  |   |                                    |                               |                              |                              |
| Sunday    | October 16, 2011  |   |                                    |                               |                              |                              |
| Monday    | October 17, 2011  | Parmesan Potato Wedges, Vegetable of the Day, Salad and Fresh Fruit   |                                    | X                             | X                            | **                           |
| Tuesday   | October 18, 2011  | Shakshouka (eggs cooked in tomato sauce) with Pita Bread, Couscous, Salad and Fresh Fruit                       |                                    | X                             | X                            |                              |
| Wednesday | October 19, 2011  | BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit               | X                                  | X                             | X                            |                              |
| Thursday  | October 20, 2011  | Shemini Atzeret   |                                    |                               |                              |                              |
| Friday    | October 21, 2011  | Simchat Torah   |                                    |                               |                              |                              |
| Shabbat   | October 22, 2011  |   |                                    |                               |                              |                              |
| Sunday    | October 23, 2011  |   |                                    |                               |                              |                              |
| Monday    | October 24, 2011  | Shepherd's Pie "Meat Crumbles", Corn & Mashed Potatoes, Vegetable of the Day, Salad and Fresh Fruit             |                                    | X                             | X                            | **                           |
| Tuesday   | October 25, 2011  | Polenta Croquettes with Tomato Sauce, Rice & Beans, Salad   |                                    | X                             |                              |                              |
| Wednesday | October 26, 2011  | BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit         | X                                  | X                             | X                            |                              |
| Thursday  | October 27, 2011  | Pasta Alfredo, Vegetable of the Day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert            |                                    | X                             | X                            | **                           |
| Friday    | October 28, 2011  | Bagel Pizza, Salad Bar and Fresh Fruit  | X                                  | X                             | X                            |                              |
| Shabbat   | October 29, 2011  |   |                                    |                               |                              |                              |
| Sunday    | October 30, 2011  |   |                                    |                               |                              |                              |
| Monday    | October 31, 2011  | Burritos with a Choice of: Refried Beans, Spanish Rice, Cheese, Salsa Fresca, Sour Cream, Salad and Fresh Fruit |                                    | X                             |                              | **                           |
| Tuesday   | November 1, 2011  | Potato Parmesan Cheese Gratin with a Vegetable of the Day, Salad and Fresh Fruit                                |                                    |                               | X                            |                              |
| Wednesday | November 2, 2011  | BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit               | X                                  | X                             | X                            |                              |
| Thursday  | November 3, 2011  | Pasta Marinara, Vegetable of the Day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert           |                                    | X                             | X                            | **                           |
| Friday    | November 4, 2011  |   |                                    |                               |                              |                              |
| Shabbat   | November 5, 2011  |   |                                    |                               |                              |                              |
| Sunday    | November 6, 2011  |   |                                    |                               |                              |                              |
| Monday    | November 7, 2011  | Vegetarian Chili, Grated Cheese , Brown Rice, Cornbread, Salad and Fresh Fruit                                  |                                    | X                             | X                            | **                           |
| Tuesday   | November 8, 2011  | Zuccanoes (stuffed Zucchini with Rice and Cheese), Salad Bar and a Dessert                                      |                                    |                               | X                            | **                           |
| Wednesday | November 9, 2011  | BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit         | X                                  | X                             | X                            |                              |
| Thursday  | November 10, 2011 | Mac & Cheese, Vegetable of the day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert             |                                    | X                             | X                            | **                           |
| Friday    | November 11, 2011 | Bagel Lunch Day - Remember to order or bring lunch from home!   |                                    |                               |                              |                              |
| Shabbat   | November 12, 2011 |   |                                    |                               |                              |                              |
| Sunday    | November 13, 2011 |   |                                    |                               |                              |                              |
| Monday    | November 14, 2011 | Spanakopita (Filo dough stuffed with spinach and feta cheese), Couscous, Salad and a Dessert                    |                                    |                               |                              | **                           |
| Tuesday   | November 15, 2011 | Falafel, Pita, Hummus, Israeli Salad, Fresh Fruit   |                                    | X                             | X                            | **                           |
| Wednesday | November 16, 2011 | BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit               | X                                  | X                             | X                            |                              |

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| Day       | Date              |   | Extra Main Course Option Available | Lactose Free Option Available | Gluten Free Option Available | Egg Free Option Available ** |
|-----------|-------------------|---|------------------------------------|-------------------------------|------------------------------|------------------------------|
| Thursday  | November 17, 2011 | TPC   |                                    |                               |                              |                              |
| Friday    | November 18, 2011 | Matzo Ball Soup, Green Salad, Banana Bread  |                                    | X                             |                              |                              |
| Shabbat   | November 19, 2011 |   |                                    |                               |                              |                              |
| Sunday    | November 20, 2011 |   |                                    |                               |                              |                              |
| Monday    | November 21, 2011 | Baked Potato with a Selection of Toppings, Salad and Fresh Fruit  |                                    | X                             | X                            | **                           |
| Tuesday   | November 22, 2011 | Pumkin Pancakes, with Cranberry or Applesauce, Sourcream, Quinoa with Roasted veggies and Fresh Fruit           |                                    |                               |                              |                              |
| Wednesday | November 23, 2011 | Thanksgiving  |                                    |                               |                              |                              |
| Thursday  | November 24, 2011 |   |                                    |                               |                              |                              |
| Friday    | November 25, 2011 |   |                                    |                               |                              |                              |
| Shabbat   | November 26, 2011 |   |                                    |                               |                              |                              |
| Sunday    | November 27, 2011 |   |                                    |                               |                              |                              |
| Monday    | November 28, 2011 | Burritos with a Choice of: Refried Beans, Spanish Rice, Cheese, Salsa Fresca, Sour Cream, Salad and Fresh Fruit |                                    | X                             |                              | **                           |
| Tuesday   | November 29, 2011 | Potato Borekas, Israeli Couscous, Tomato Salad and a Dessert  | X                                  | X                             |                              | **                           |
| Wednesday | November 30, 2011 | BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit         | X                                  | X                             | X                            |                              |
| Thursday  | December 1, 2011  | Sun Dried Tomato Pesto, Salad Bar, Garlic or Sourdough Baguette and a Dessert                                   |                                    | X                             | X                            | **                           |
| Friday    | December 2, 2011  | Bagel Lunch Day - Remember to order or bring lunch from home!   |                                    |                               |                              |                              |
| Shabbat   | December 3, 2011  |   |                                    |                               |                              |                              |
| Sunday    | December 4, 2011  |   |                                    |                               |                              |                              |
| Monday    | December 5, 2011  | Parmesan Potato Wedges, Vegetable of the Day, Salad and Fresh Fruit   |                                    | X                             | X                            | **                           |
| Tuesday   | December 6, 2011  | Ricotta Cheese Patties, Vegetable Curry, Rice and Fresh Fruit   |                                    |                               | X                            |                              |
| Wednesday | December 7, 2011  | BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit               | X                                  | X                             | X                            |                              |
| Thursday  | December 8, 2011  | Spaghetti Bolognese, Vegetable of the Day, Salad, Fluffy Biscuit and Fresh Fruit                                |                                    | X                             | X                            | **                           |
| Friday    | December 9, 2011  | Grilled Cheese Sandwich, Salad and a Cookie   | X                                  | X                             | X                            |                              |
| Shabbat   | December 10, 2011 |   |                                    |                               |                              |                              |
| Sunday    | December 11, 2011 |   |                                    |                               |                              |                              |
| Monday    | December 12, 2011 | Corn Tacos with "Meat" Crumbles, Refried Beans, Spanish Rice, Fresh Salsa, Sour Cream and Fresh Fruit           |                                    | X                             | X                            | **                           |
| Tuesday   | December 13, 2011 | Pita Pizza, Salad Bar and Fresh Fruit   | X                                  | X                             | X                            |                              |
| Wednesday | December 14, 2011 | BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit         | X                                  | X                             | X                            |                              |
| Thursday  | December 15, 2011 | Pasta Alfredo, Vegetable of the Day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert            |                                    | X                             | X                            | **                           |
| Friday    | December 16, 2011 | Latkes, Sour Cream, Applesauce, Green Salad, Fresh Fruit  |                                    |                               |                              |                              |
| Shabbat   | December 17, 2011 | Winter Break  |                                    |                               |                              |                              |
| Sunday    | December 18, 2011 |   |                                    |                               |                              |                              |
| Monday    | December 19, 2011 |   |                                    |                               |                              |                              |
| Tuesday   | December 20, 2011 |   |                                    |                               |                              |                              |
| Wednesday | December 21, 2011 |   |                                    |                               |                              |                              |
| Thursday  | December 22, 2011 |   |                                    |                               |                              |                              |
| Friday    | December 23, 2011 |   |                                    |                               |                              |                              |
| Shabbat   | December 24, 2011 |   |                                    |                               |                              |                              |
| Sunday    | December 25, 2011 |   |                                    |                               |                              |                              |
| Monday    | December 26, 2011 |   |                                    |                               |                              |                              |
| Tuesday   | December 27, 2011 |   |                                    |                               |                              |                              |
| Wednesday | December 28, 2011 |   |                                    |                               |                              |                              |
| Thursday  | December 29, 2011 |   |                                    |                               |                              |                              |

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| Day       | Date              |   | Extra Main Course Option Available | Lactose Free Option Available | Gluten Free Option Available | Egg Free Option Available ** |
|-----------|-------------------|---|------------------------------------|-------------------------------|------------------------------|------------------------------|
| Friday    | December 30, 2011 |   |                                    |                               |                              |                              |
| Shabbat   | December 31, 2011 |   |                                    |                               |                              |                              |
| Sunday    | January 1, 2012   |   |                                    |                               |                              |                              |
| Monday    | January 2, 2012   | Vegetarian Chili, Grated Cheese , Brown Rice, Cornbread, Salad and Fresh Fruit                          |                                    | X                             | X                            | **                           |
| Tuesday   | January 3, 2012   | Cheese Borekas, Madjadra (rice & lentils), Cucumber Salad and Fresh Fruit                               | X                                  | X                             |                              | **                           |
| Wednesday | January 4, 2012   | BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit |                                    | X                             | X                            |                              |
| Thursday  | January 5, 2012   | Pasta Marinara, Vegetable of the Day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert   |                                    | X                             | X                            | **                           |
| Friday    | January 6, 2012   | Bagel Lunch Day - Remember to order or bring lunch from home!   |                                    |                               |                              |                              |
| Shabbat   | January 7, 2012   |   |                                    |                               |                              |                              |
| Sunday    | January 8, 2012   |   |                                    |                               |                              |                              |
| Monday    | January 9, 2012   | Baked Potato with a Selection of Toppings, Salad and Fresh Fruit  |                                    | X                             | X                            | **                           |
| Tuesday   | January 10, 2012  | Vegetarian Empanadas with Rice and Beans, Salad and Fresh Fruit   |                                    | X                             |                              | **                           |
| Wednesday | January 11, 2012  | BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit       | X                                  | X                             | X                            |                              |
| Thursday  | January 12, 2012  | Pesto Pasta, Salad, Fluffy Biscuit and a Dessert  |                                    | X                             | X                            | **                           |
| Friday    | January 13, 2012  | Egg Salad Sandwich, Chips, Green Salad and Fresh Fruit  | X                                  | X                             | X                            |                              |
| Shabbat   | January 14, 2012  |   |                                    |                               |                              |                              |
| Sunday    | January 15, 2012  |   |                                    |                               |                              |                              |
| Monday    | January 16, 2012  |   |                                    |                               |                              |                              |
| Tuesday   | January 17, 2012  | Corn Tacos with "Meat" Crumbles, Refried Beans, Spanish Rice, Fresh Salsa, Sour Cream and Fresh Fruit   |                                    | X                             | X                            | **                           |
| wednesday | January 18, 2012  | BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit | X                                  | X                             | X                            |                              |
| thursday  | January 19, 2012  | Mac & Cheese, Vegetable of the day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert     |                                    | X                             | X                            | **                           |
| Friday    | January 20, 2012  | French Bread Pizza, Salad Bar, Fresh Fruit  | X                                  | X                             | X                            |                              |
| Shabbat   | January 21, 2012  |   |                                    |                               |                              |                              |
| Sunday    | January 22, 2012  |   |                                    |                               |                              |                              |
| Monday    | January 23, 2012  | Shepherd's Pie "Meat Crumbles", Corn & Mashed Potatoes, Vegetable of the Day, Salad and Fresh Fruit     |                                    | X                             | X                            | **                           |
| Tuesday   | January 24, 2012  | Falafel, Pita, Hummus, Israeli Salad, Fresh Fruit   |                                    | X                             | X                            | **                           |
| wednesday | January 25, 2012  | BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit       | X                                  | X                             | X                            |                              |
| thursday  | January 26, 2012  | Spaghetti Bolognese, Vegetable of the Day, Salad, Fluffy Biscuit and Fresh Fruit                        |                                    | X                             | X                            | **                           |
| Friday    | January 27, 2012  | Creamy Tomato Soup, Cheesy Cornbread Muffin and Fresh Fruit   |                                    | X                             |                              |                              |
| Shabbat   | January 28, 2012  |   |                                    |                               |                              |                              |
| Sunday    | January 29, 2012  |   |                                    |                               |                              |                              |
| Monday    | January 30, 2012  | Parmesan Potato Wedges, Vegetable of the Day, Salad and Fresh Fruit                                     |                                    | X                             | X                            | **                           |
| Tuesday   | January 31, 2012  | Tofu Nuggets with Orzo Pilaf, Salad and Fresh Fruit   |                                    | X                             |                              |                              |