

## **MENUS - All meals are kosher**

### **Erev Shabbat – Friday night dinner**

**5:00 – 6:30 pm**

- Fish – baked – kosher
- Potatoes – Garlic Mashed
- Vegetable- Green Beans
- Salad – Tossed Green no iceberg
- Bread – rolls
- Apple Crisp

### **Shabbat Breakfast**

**7:30 – 9:00 am**

- Scrambled eggs
- Muffins – Some gluten free
- Yogurt
- Granola/Cereal
- Fresh Fruit

### **Shabbat Lunch – Mexican Buffet**

**12:30 – 2:00 pm**

- Ground turkey seasoned meat
- Vegetarian refried beans and black beans
- Lettuce – Tomatoes – Onions
- Black olives – guacamole
- Sour cream – cheddar cheese
- Tortilla chips – flour tortillas
- Mexican rice
- Cookies – some gluten free

### **Shabbat Dinner**

**5:00 – 6:30 pm**

- Veggie lasagna and ground turkey lasagna – some or all gluten free
- Fresh green salad – no iceberg Garlic bread
- Side veggie
- Chocolate mousse or torte some Gluten free

### **Sunday Breakfast**

**7:30 – 9:00 am**

- Scrambled eggs
- Muffins – Some gluten free
- Yogurt
- Granola/Cereal
- Fresh Fruit

### **Sunday Lunch**

**12:30 – 2:00 pm**

- Egg Salad & Tuna Salad Albacore (breakfast leftover eggs)
- Veggies for sandwiches
- Bread
- Green Salad – no iceberg
- Fresh Fruit Salad (breakfast leftover)
- Lemon bars – some gluten free

### **Sunday Dinner - BBQ**

**5:00 – 6:30 pm**

- Chicken
- Kosher Beef Hot Dogs
- Veggie Patties (Boca Burgers)
- Buns & Fixins
- Potato Salad
- Pasta Salad – gluten free
- Veggie Baked Beans – no pork
- Veggie tray (leftover from lunch)
- Corn on the Cob
- Ice Cream cones or bars – vanilla

### **Monday Breakfast**

**7:30 - 9:30 am**

- Baked Egg dish
- Muffins – Some gluten free
- Yogurt
- Granola/Cereal
- Fresh Fruit