


Mon	Tue	Wed	Thu	Fri
<p><i>Each meal consists of: 3oz protein, 2 servings of vegetables (1/2 cup each), 1 serving of fruit (1/2 cup), 2 servings of starch And fortified juice.</i></p>	 <p><i>* Candle Lighting Times per Chabad.org</i></p>		<p>1</p> <p>Cincinnati Style Chili Spaghetti Saltines Snap Peas Salad Sliced Peaches Cinnamon Babka</p>	<p>2</p> <p>Oven Fried Chicken (thigh) Roasted Red Potatoes Prince Charles Blend Vegetables Challah & Grape Juice Rugelach *8:39pm</p>
<p>5</p> <p>Egg Salad on a Challah Roll Matzo Ball Soup Sweet & Sour Slaw Pineapples & Cottage Cheese</p>	<p>6</p> <p>Baked Chicken Schnitzel w/Honey Mustard Sauce Noodles Peas Pears Cinnamon Babka</p>	<p>7</p> <p>Roasted Vegetable Lasagna w/White Sauce Green Beans Slice of Garlic Bread Orange</p>	<p>8</p> <p>Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie</p>	<p>9</p> <p>Herb Roasted Chicken (thigh) Sweet Potato Casserole Capri Blend Challah & Grape Juice Strawberry Shortcake *8:43pm</p>
<p>12</p> <p>Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Baked Apples</p>	<p>13</p> <p>Open Faced Roast Beef w/Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Cake Happy Birthday!</p>	<p>14</p> <p>White Bean Chicken Chili Cornbread Coleslaw Pineapple Surprise Cookie</p>	<p>15</p> <p>Chicken Cacciatore Couscous Italian Green Beans Pears Cookie</p>	<p>16</p> <p>Hamburger or Beef Hot Dog Potato Salad, Coleslaw Mellon Challah & Grape Juice Apple Pie *8:46pm Father's Day Grill Out</p>
<p>19</p> <p>Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge</p>	<p>20</p> <p>Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple</p>	<p>21</p> <p>Cabbage Roll w/Rice & Beef Mashed Potato Zucchini Pears Rugelach</p>	<p>22</p> <p>Quiche with Broccoli & Cheddar Hash Brown Potato Grapes Whole Wheat Bread</p>	<p>23</p> <p>BBQ Chicken (breast) Potato Salad Coleslaw Challah & Grape Juice Cherry Cobbler *8:48pm</p>
<p>26</p> <p>(2) Cheese Blintzes w/Sour Cream Potato Pancake Cream Spinach Mandarin Oranges w/Topping</p>	<p>27</p> <p>Chicken Taco Salad w/Chopped Lettuce, Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad</p>	<p>28</p> <p>Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin</p>	<p>29</p> <p>Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge</p>	<p>30</p> <p>Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Sweet Kugel *8:48pm</p>