

Jewish Institute of Queens

Weekly Lunch Menu 2021-2022

Monday	Tuesday	Wednesday	Thursday	Friday
Burgers 3 oz	American cheese	Macaroni & Cheese	Baked Chicken	Cottage Cheese
French fries (baked)	Tomatoes	Tomatoes	Tomatoes	Baby Carrots
Split pea soup	Cucumbers	Red Peppers	Cucumbers	Corn & Pepper Salad
Cole Slaw	Apples Fresh Quartered	orange wedges	Bean Soup	Pears Fresh
orange wedges	W W Bread	W W Bread	Apples Fresh Quartered	W W Bread
WW rolls	Low-fat Milk	Low-fat Milk	Rice	Low-fat Milk
Ketchup	Nonfat Milk	Nonfat Milk	Orange Juice	Nonfat Milk
Apple Juice ½ cup				