

WESTCHESTER DAY SCHOOL
****OCTOBER 2008 / TISHRI 5769**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 No Sessions	2 Egg Drop Soup LO MEIN NOODLES AND EGG ROLLS Grilled Tofu Stir Fried Vegetables	3 Four Onion Soup BREADED FISHCAKES AND FRESH BAKED FISH Roasted Potatoes Cole Slaw	4
5	6 Potato Soup HOT DOGS, HAMBURGERS, AND VEGETABLE BURGERS Boston Baked Beans Cole Slaw Fresh Fruit	7 Vegetable Soup PASTA AND MEATBALLS Broccoli-Cauliflower Polonaise Fresh Fruit	8 No Sessions	9 No Sessions	10 Minstrone PIZZA Caesar Salad Yogurt Fresh Fruit	11
12	13 No Sessions	14 No Sessions	15 No Sessions	16 FRENCH TOAST AND SCRAMBLED EGGS Homefried Potatoes Seasonal Fruit Salad	17 PIZZA Caesar Salad Yogurt Fresh Fruit	18
19	20 No Sessions	21 No Sessions	22 No Sessions	23 Tomato Soup GRILLED CHEESE* Carrot and Celery Sticks Sliced Apples	24 Pasta e Fagioli PIZZA Caesar Salad Fresh Fruit	25
26	27 Butternut Squash Soup MACARONI AND CHEESE String Beans and Tomatoes Fresh Fruit	28 Cream of Cauliflower POTATO AND CHEESE BLINTZES Apple Sauce and Sour Cream Sauteed Spinach	29 Sweet Potato Soup CHEESE RAVIOLI Garlic Bread Health Salad Fresh Fruit	30 Vegetable Soup FISHSTICKS AND BAKED POTATOES Steamed Broccoli Pumpkin Cheesecake	31 Escarole and Bean PIZZA Caesar Salad Fresh Fruit	

*Whole Wheat option available

**The dairy kitchen is almost complete! However, we are not sure of exact date. A meat day may be substituted for a dairy day and vice versa.
Please contact Chef Chris with any questions at 698-8900 Ext 113.

AVAILABLE DAILY:
SEASONAL VEGETABLES AND SALADS AT THE SALAD BAR SEASONAL FRESH FRUIT
CHUNK TUNA ASSORTED JUICES ON "MEAT DAYS" NO DAIRY SNACKS SERVED ON "MEAT DAYS"
SKIM, LOW-FAT, AND WHOLE MILK AVAILABLE ON "DAIRY DAYS" ASSORTED BAGELS AND BREADS DAILY WITH WHOLE WHEAT