

<b>Heichal Hatorah Lunch Program 2018-19</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Poppers roasted potatoes salad	Quesadilla Soup salad	Beef Tacos Taco shells Rice Fruit Salad	Pizza Soup Salad	
Hamburgers Hot Dogs Buns French Fries Fruit Salad	Pasta Soup salad	Regular BBQ or roasted chicken Caesar salad mashed potatoes	Calzone / Cheese Pretzel Soup Salad	
Monday Night Mishamar			Thursday Night Mishmar	
Pizza			** rotated sandwiches  Pulled Brisket Sandwich or Pretzel Chicken Sandwich Coleslaw Pickles	
<b><u>Pasta Options:</u></b> Penne Ala Vodka Fettucini Alfredo Mac N Cheese Baked Ziti	<b><u>Soup Option:</u></b> Mushroom Barley Vegetable Split Pea Butternut Squash	<b><u>Available Daily:</u></b> Whole Fruit (Apple, Orange etc) Plain Pasta		