

~ STERN'S CATERING ~

Lunch Menu Selection for Yeshiva Darchei Noam 2011 - 2012

Monday – Thursday

Dairy / Parve

- Baked Ziti, Cottage Cheese, Marinara Sauce & Shredded Cheese
- Pita, Falafel, Salad, Tachina & Chumus
- Fresh Bagels with Tuna
- Baked Fish Fillet
- Hot French Toast & Syrup
- Slices of Pizza
- Sicilian Pizza
- Pizza Bagels
- Vegetable Calzones
- Macaroni & Cheese

Meat (on Tuesday every week)

- Hot dogs & Buns Or Hush Puppies
- Beef Burger & Buns
- Chicken Breast Nuggets
- Meatballs and Spaghetti
- Sliced Cold cuts

Side Dishes or Soup: (One of the following served daily)

French Fries, Spicy Fries, Sweet Potato Fries, Potato Knish, Potato Kugel, Hashbrown Potatoes, Corn on Cob, Roasted Potatoes, Whole Grain Brown Rice, Coleslaw, Pickles & Sauerkraut.

Soups: (one from following selection)

French Onion, Mushroom Barley, Vegetable, Split Pea, & Minestrone Soup.

Desserts: (One of the following selections)

Fresh Seasonal Fruit, Canned Fruit, Apple Sauce, Jell-O, Pudding (Chocolate), Cake & Muffins.

Condiments: (Available Daily)

Bread, (rye and whole-wheat) Cream Cheese, Fruit Jelly, Tossed Salad or Sliced Veggie Sticks, Apple Juice, Ketchup, Mustard & Low fat Dressing (two types).

Nutritional changes and additions for the upcoming year:

- Whole grain brown rice (side dish)
- Whole wheat bread
- “Make your own salad bar” with cut-up veggie sticks (celery, carrots, cucumber, peppers and tomato)
- More fresh seasonal fruits
- Soups with wholegrain barley and brown rice
- “Oven baked” foods instead of “deep fry” (F.F. nuggets, hash potato, breaded fish, french toast)
- Low fat dressings
- As always, No “trans fats”, “No MSG” and “peanut free”.

We are currently under the supervision of, Harav Hamachshir Rav Yitzchak Ginsburg shlita