



# MOSHAVA BA'IR LONG ISLAND SUMMER 2025

# LUNCH MENU

## SESSIONS 3 & 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Session 3</b> <b>July 28</b> Grilled Cheese Corn Niblets Garden Salad Vanilla Pudding	<b>July 29</b> Mac & Cheese Israeli Salad Fruit	<b>July 30</b> French Toast Maple Syrup Cucumber Sticks Watermelon	<b>July 31</b> Penne Ala Vodka Mixed Vegetables Fruit	<b>August 1</b> Pizza Sliced Carrots Cake
<b>August 4</b> Chicken Lo Mein Broccoli Pineapple Tidbits	<b>August 5</b> Waffles Maple Syrup Carrot Sticks Hard Boiled Eggs Jello	<b>August 6</b> Cutlet Sandwiches French Fries Coleslaw Watermelon	<b>August 7</b> Chicken Nuggets Orzo Sliced Carrots Fruit	<b>August 8</b> Pizza Garden Salad Cake
<b>Session 4</b> <b>August 11</b> Meatballs Spaghetti Garden Salad Fruit	<b>August 12</b> Bagels, Tuna, Egg Salad American Cheese Cream Cheese Coleslaw	<b>August 13</b> Hamburgers Buns French Fries Pickles Watermelon	<b>August 14</b> Hawaiian Chicken Egg Barley Cucumber Sticks Fruit	<b>August 15</b> Pizza Garden Salad Cake
<b>August 18</b> Deli Heroes Knishes Coleslaw Fruit	<b>August 19</b> Mac & Cheese Cucumber Sticks Chocolate Pudding	<b>August 20</b> Chicken Poppers Sauce French Fries Garden Salad Watermelon		

### SALAD BAR

Offered Daily May Include: Lettuce, Mesclun Salad Mix, Cucumbers, Shredded Carrots, Tomatoes, Peppers, Mushrooms, Baby Corn, Chick Peas, Kidney Beans, Pickle Chips, Beets, Black Olives, Mandarin Oranges, Peas, Kernel Corn

Salad Dressings May Include: Russian, French, Creamy Italian, Lite Italian, Thousand Island, Caesar, Balsamic Vinaigrette, Raspberry Vinaigrette

### AVAILABLE UPON REQUEST

Plain Pasta, Tuna Salad, and Hard Boiled Eggs  
 Bread: Sliced white and whole wheat bread served daily  
 Jelly, Margarine and Soynut Butter on Meat Meal Days Only  
 Cream Cheese and Butter on Dairy Days Only  
 Gluten Free options daily

### DAILY FRUIT MAY INCLUDE

Apples, Oranges, Pears, Plums,  
 Peaches, Fresh Fruit Salad

**ALL FOOD PROVIDED BY SHARMEL CATERERS**