

# KOSHER MENU

GBMC

PLACE ORDERS BETWEEN 6:30 AM AND 6:30 PM

DIAL 6800 TO PLACE YOUR ORDER.



## BREAKFAST SELECTIONS

French Toast <sup>UD</sup>

Cheese Blintz <sup>UD</sup>

Mushroom & Cheese Omelet <sup>UD</sup>

## CEREALS

Raisin Bran **K**

Cheerios <sup>U</sup>

Cornflakes **K**

Rice Krispies **K**

Kashi Berry Blossoms <sup>U</sup>

## YOGURT

Low Fat Vanilla **KD**

Low Fat Strawberry **KD**

Low Fat Blueberry **KD**

## FRUITS

Fresh Banana

Fresh Apple

Fresh Orange

Fresh Blueberries

Raisins

Applesauce <sup>U</sup>

## SOUPS

Chicken & Matzo Ball <sup>UM</sup>

Minestrone <sup>UD</sup>

Vegetable (LS) <sup>U</sup>

Chicken Broth <sup>UM</sup>

## MAIN COURSES

### Chef's Special

*(please call 6800 for today's freshly prepared special)*

Chicken Chow Mein <sup>UM</sup>

Beef Brisket Dinner *with side of string beans* <sup>UM</sup>

Salisbury Steak Dinner *with brown gravy and sides of corn, peas & mashed potatoes* <sup>UM</sup>

Meatloaf Dinner (LS) *with brown gravy and a side of potato pudding, peas & carrots* <sup>UM</sup>

Turkey Dinner (LS) *with gravy and a side of sweet potato, green beans and pimento* <sup>UM</sup>

Chicken Platter <sup>UM</sup>

Tilapia <sup>U</sup>

## VEGETARIAN MAIN COURSES

Eggplant Parmesan <sup>UD</sup>

Vegetable Lasagna <sup>UD</sup>

Vegetable Spaghetti Dinner <sup>UD</sup>

Baked Ziti <sup>UD</sup>

Cheese Ravioli Dinner *with marinara sauce and side of green beans and peas* <sup>UD</sup>

Manicotti Dinner <sup>UD</sup>

MEAT ITEMS DENOTED WITH "M"; DAIRY ITEMS DENOTED WITH "D"

CONSUMER ADVISORY: ALL ITEMS MUST BE SEALED AND DISPLAY A KOSHER SYMBOL. PLEASE SPEAK TO A CUSTOMER REPRESENTATIVE AT 6800 FOR ASSISTANCE IF NEEDED.

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## SWEETS

### Ice Cream

- Strawberry (Reg.) <sup>UD</sup>
- Chocolate (Reg./FF,NSA) <sup>UD/UD</sup>
- Vanilla (Reg./FF,NSA) <sup>UD/D/UD</sup>
- Orange Sherbet (Reg.) <sup>UD</sup>

### Fruit Ice

- Cherry (Reg.) <sup>UPareve</sup>
- Lemon (SF) <sup>UPareve</sup>

### Cookies

- Shortbread <sup>UD</sup>
- Vanilla Wafers <sup>UD</sup>
- Chocolate Chunk <sup>UD</sup>
- Honey Graham Crackers <sup>UPareve</sup>

### Jam/Jelly

- Grape Jam (SF) <sup>U</sup>
- Strawberry Jam (Reg./SF) <sup>U/U</sup>
- Blackberry Jam (SF) <sup>U</sup>
- Grape Jelly (Reg.) <sup>U</sup>
- Orange Marmalade (Reg.) <sup>U</sup>

## BEVERAGES

### Milk

- Whole Milk <sup>K</sup>
- Fat Free <sup>K</sup>
- 1% Milk <sup>K</sup>
- Lactaid <sup>UD</sup>
- Soy Milk <sup>UD</sup>
- 1% Chocolate Milk <sup>K</sup>
- Honey Thick Milk <sup>UD</sup>

### Juice

- Orange <sup>☆</sup>
- Cranberry <sup>☆</sup>
- Apple <sup>☆</sup>
- Prune <sup>☆</sup>
- Sabbath Grape

### Hot/Cold

- Hot Tea (Reg./Decaf) <sup>U/U</sup>
- Instant Coffee (Decaf) <sup>KD</sup>
- Hot Chocolate <sup>UD</sup>
- Bottled Water <sup>U</sup>
- Cola (Reg./Diet) <sup>U/U</sup>
- Lemon-Lime (Diet) <sup>U</sup>
- Ginger Ale (Reg./Diet) <sup>K/U</sup>

## CONDIMENTS

- Sugar <sup>K</sup>
- Equal (Blue) <sup>K</sup>
- Splenda (Yellow) <sup>K</sup>
- Sweet n' Low (Pink) <sup>K</sup>
- Honey <sup>U</sup>
- Syrup (Reg./SF) <sup>U/UD</sup>
- Salt <sup>U</sup>
- Pepper <sup>U</sup>
- Mrs. Dash <sup>UParve</sup>
- Margarine <sup>U</sup>
- Butter <sup>UD</sup>
- Cream Cheese (Reg./FF) <sup>KD/KD</sup>
- Nondairy Creamer <sup>UD</sup>
- Half & Half <sup>UD</sup>
- Mayonnaise (Reg./FF) <sup>U/UD</sup>
- Lemon Juice Packet <sup>U</sup>
- Tartar Sauce <sup>K</sup>
- Ketchup <sup>U</sup>
- Yellow Mustard <sup>U</sup>
- Relish <sup>U</sup>
- BBQ Sauce <sup>U</sup>
- Honey Mustard Sauce <sup>U</sup>
- French Dressing (Reg./Lite) <sup>U/U</sup>
- Ranch Dressing (Reg./Lite) <sup>UD/UD</sup>
- Honey Mustard Dressing (Reg.) <sup>U</sup>
- Peanut Butter <sup>U</sup>

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