

Allergen Identifiers



**GLUTEN
FREE**



VEGAN



**CONTAINS
SOY**



**CONTAINS
NUTS**



VEGETARIAN

Slifka Center

Jewish Life at Yale



Monday Lunch

- Peppered Beef



- Vegan Peppered “Beef Shreds”



- Cilantro Rice



- Roasted Chayote Squash



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Monday Dinner

- General Tso's Chicken

- General Tso's Tofu



- Vegetable Fried Rice



- Vegetable Lo Mein



- Broccoli



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Tuesday Lunch

- Salmon Caesar Salad



- Garden Salad With Chicken



- Israeli Chopped Salad



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Tuesday Dinner

Tacos

- Chicken  GLUTEN FREE
- Beef  GLUTEN FREE
- Roasted Vegetable  GLUTEN FREE  VEGAN
- Arroz Rojo  GLUTEN FREE  VEGAN
- Stewed Black Beans  GLUTEN FREE  VEGAN
- Pico De Gallo  GLUTEN FREE  VEGAN
- Avocado Crema  GLUTEN FREE  VEGAN

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Wednesday Lunch

- Chicken Pot Pie
- Vegetable Pot Pie
- Roasted Red Potato
- Roasted Cauliflower



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Wednesday Dinner

- Chicken Tenders
- Vegan “Chicken” Nuggets



- Fries



- Vegan Mac & Cheese

- Broccoli



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Thursday Lunch

- Chicken Wrap
- Roast Beef Wrap
- Roasted Vegetable Wrap






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Thursday Dinner

- Roast Turkey
- Vegan Stuffed Zucchini 
- Roasted Red Potatoes 
- Steamed Carrots 

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Friday Lunch

- TBD
 - Check in with Chef David

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Shabbat

Slifka Center will not be serving meals over the break. We wish you a restful and rejuvenating vacation and look forward to seeing you on the 28th!

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