

Menu: 4th Friday Shabbat Dinner

Italian Turkey Meatballs with Marinara
(DF)

Frittata with Seasonal Vegetables (GF, DF,
Vegetarian)

**Roasted Zucchini, Yellow Squash, and
Carrots** (GF, Vegan)

**Roasted Red and Gold Beets with Spinach
and a Citrus Vinaigrette** (GF, Vegan)

**Healthy Grains with Edamame, Quinoa,
Brown Rice, Lentils, and a Lemon
Dressing** (GF, Vegan)

**Mixed Greens with Cucumber, Carrots,
and our House Balsamic Vinaigrette** (GF,
Vegan)