

ELMWOOD EATERY SAMPLE MENU

Food Facts:

All beef, chicken & turkey are hormone and antibiotic-free.

All milk and yogurt are organic.

Elmwood foods are trans fat-free.

All bread products are whole wheat.

Water and organic milk are available daily.

Please inquire about gluten free options.

Elmwood is a peanut and tree-nut free food service.

Please contact Hillari about any allergies or concerns.
(914) 592-6121

Due to ongoing supply chain issues, we may need to adjust the menu on certain days.

Monday

Baked Chicken
Cutlet Sandwich or
Eggplant & Veggie
Sandwich
Gluten Free Chicken
Fingers Available
Roasted Cauliflower

Monday

Baked Chicken
Fingers or
Eggplant & Veggie
Sandwich
Gluten Free Chicken
Fingers Available
Roasted Cauliflower

Monday

Baked Chicken
Cutlet Sandwich or
Eggplant & Veggie
Sandwich
Gluten Free Chicken
Fingers Available
Roasted Cauliflower

Monday

Baked Chicken
Fingers or
Eggplant & Veggie
Sandwich
Gluten Free Chicken
Fingers Available
Roasted Cauliflower

Tuesday

Cheddar Quesadilla
& Toppings
Gluten Free Quesadilla
Available
Roasted Carrots

Tuesday

Turkey or Bean
Tacos (Corn Taco Shell)
Shredded Cheese,
Guacamole, Salsa &
Sour Cream
Roasted Carrots

Tuesday

Grilled Cheese
Gluten Free Grilled
Cheese Available
Roasted Carrots

Tuesday

Cheddar Quesadilla
& Toppings
Gluten Free Quesadilla
Available
Roasted Carrots

Wednesday

Homemade
Macaroni & Cheese
or Plain Pasta
Gluten Free Pasta
Available
Steamed Broccoli

Wednesday

Baked Ziti or
Plain Pasta
Gluten Free Pasta
Available
Steamed Broccoli

Wednesday

Stuffed Rigatoni with
Sauce or Plain Pasta
Gluten Free Pasta
Available
Steamed Broccoli

Wednesday

Elmwood's
Famous Pizza
Gluten Free Pizza
Available
Fresh Tossed Caesar
Salad

Thursday

Elmwood's
Famous Pizza
Gluten Free Pizza
Available
Fresh Tossed Caesar
Salad

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Famous Pizza
Gluten Free Pizza
Available
Fresh Tossed Caesar
Salad

Thursday

Elmwood's
Famous Pizza
Gluten Free Pizza
Available
Fresh Tossed Caesar
Salad

Thursday

BBQ Hamburgers,
Turkey or Veggie
Burgers or Hot Dogs
Gluten Free Buns
Available
Baked Chips

Friday

BBQ Hamburgers,
Turkey or Veggie
Burgers or Hot Dogs
Gluten Free Buns
Available
Baked Chips

Friday

BBQ Hamburgers,
Turkey or Veggie
Burgers or Hot Dogs
Gluten Free Buns
Available
Baked Chips

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BBQ Hamburgers,
Turkey or Veggie
Burgers or Hot Dogs
Gluten Free Buns
Available
Baked Chips

Morning Snacks:

Sliced apples, string cheese, veggie straws, animal crackers, Pirate's Booty, Nature's Bakery Bars or Goldfish (cheddar & pretzel).

Afternoon Snacks:

Edy's Outshine Bars, A La Mode ice cream bars and cups or homemade cookies.

Daily Salad, Veggies & Fruit:

Fresh Veggies: mixed greens, cucumber rounds, carrot sticks, grape tomatoes and black olives.

Toppings: hard boiled eggs, grilled chicken, pasta salad and chickpeas.

Fresh Fruit of the Day: watermelon, plums, peaches, apples or bananas.

Daily Alternative Options:

Organic yogurt
Bagels with cream cheese or butter (margarine available)
Cheddar cheese sandwiches
Turkey sandwiches
Sunflower butter sandwiches
All bread products are whole wheat.
Gluten free bread and rolls available.