



Heilman Dining Center Passover Menu-2018

Lunch

11am-2pm	Friday (3/30)	Saturday (3/31)	Sunday (4/1)	Monday (4/2)	Tuesday (4/3)	Wednesday (4/4)	Thursday (4/5)	Friday (4/6)	Saturday (4/7)
Protein		Pesto Baked Chicken	Salmon	Baked Chicken	Goat cheese, Spinach Portabella Mushroom	Hamburger	Chicken Cacciatore	Meatloaf	Asparagus/Provolone Frittata
Starch		Baked Potato	Gratin Dauphinois Potato	Roasted Smoky Potatoes	Baked Potato	Fresh, Baked French Fries (no canola oil)	Roasted Red Potatoes	Mashed Potatoes with Butter	Hash Browns
Vegetable		Carrots	Baked Parsnips	Grilled Yellow Squash	Carrots	Vegetable medley	Ratatouille	Carrots	Broccoli
Dessert		Tapioca Pudding	Coconut Macaroons	Tapioca Pudding	Coconut Macaroons	Tapioca Pudding	Coconut Macaroons	Tapioca Pudding	Coconut Macaroons

Selections will be available on the serving line between the Panini and Sandwich Station.

Dinner

4:30pm-8pm	Friday (3/30)	Saturday (3/31)	Sunday (4/1)	Monday (4/2)	Tuesday (4/3)	Wednesday (4/4)	Thursday (4/5)	Friday (4/6)	Saturday (4/7)
Protein	Grilled Flank Steak	Hamburger	Beef Stir Fry	Plain Baked Chicken Wing & Buffalo Baked Chicken Wing	Naked Chicken Parmesan	Chicken Stir Fry	Grilled Flank Steak	Fish of the Day	Rotisserie Chicken
Starch	Roasted Butternut Squash	Roasted Sweet Potatoes	Mashed Potatoes with Butter	Roasted Butternut Squash	Roasted Sweet Potatoes	Mashed Potatoes with Butter	Baked Potatoes	Roasted Parsnips	Baked Sweet Potato
Vegetable	Asparagus	Broccoli	Zucchini	Broccoli	Mediterranean Vegetables	Zucchini	Broccoli & Cauliflower	Grilled Tomatoes	Cauliflower
Dessert	Macaroons	Tapioca Pudding	Coconut Macaroons	Tapioca Pudding	Coconut Macaroons	Tapioca Pudding	Coconut Macaroons	Tapioca Pudding	Coconut Macaroons



Mongolian Grill

Chicken
Beef

Spider Grill

Chicken
Beef Burger

Other foods available daily that are Kosher:

Deli

Deli Turkey

Salad Bar

Raw vegetables
Plain tuna

Items Available in the Special Diet Refrigerator

(look for sign) Matzo Ball Soup, Cereal
Matzo in the Special Diet area



Traditionally, What Can I Not Eat?		What Can I Eat?	
Wheat	Flour	Potatoes	Cheese
Barley	Peanuts	Sweet Potatoes	Oranges
Oats	Rice	<i>Matzah</i>	Apples
Spelt	Lentils	Lettuce	Bananas
Rye	Corn Syrup	Tomatoes	Coconut
Beans	Yeast	Spinach, Carrots	Onions
Bread	Legumes	Asparagus	Horseradish
Croutons	Millet	Cauliflower	Gefilte Fish
Sesame	Peas	Squash	Tuna
Soy	Buckwheat	Chicken	Orange Juice
		Beef	
		Eggs	
		Yogurt (plain)	
And any foods derived from these items		Most of the salad bar items!	

Traditionally Passover is celebrated for seven days in Israel and for eight days throughout the rest of the world.

This year:

Passover begins at sundown on Friday March 30

Passover ends at sundown on Saturday April 7



Monday - Friday

7:00am–8:00pm Continuous Service

10:45–11:00am Limited Breakfast Selections

3:00–4:00pm Limited Lunch Selections

Weekends

8:00-10:00am. Continental Breakfast

10:00-10:30am Limited Selections

10:30–8:00pm Continuous Service

3:00-4:00pm Limited Selections

	Breakfast	Lunch	Dinner	Special Events
Spider Card / Cash	\$7.50	\$10.00	\$12.00	\$14.00
Guest Card	\$6.75	\$9.00	\$11.00	\$12.50
Special Admissions	\$6.75	\$9.00	\$11.00	\$12.50
Seniors (65 and older)	\$6.75	\$9.00	\$11.00	\$12.75
Flex, Faculty/Staff w/ ID	\$6.25	\$7.50	\$9.50	\$11.25
Children (ages 2–9)	\$6.25	\$6.25	\$6.25	\$6.25



What is Passover?

Passover commemorates and celebrates the historical and biblical Exodus of the Hebrew slaves from Egyptian slavery. Also, occurring at the beginning of spring, Passover is an important holiday celebrating rebirth, renewal, and redemption.

After about 400 years in slavery, with forced work, hard labor and bitter lives, God called Moses to lead the Children of Israel out. When permitted to leave, the Israelites departed so quickly (lest Pharaoh change his mind) that their bread had no time to rise and was baked flat, unleavened bread called *matzah*.

Each and every year, Jews remember and recount the story of Exodus. The goal is to feel as if each person was personally redeemed from Egypt. The Exodus from Egypt is the central event in the identity of the Jewish People which changed them from being a band of slaves into a cohesive group.

Why Special Food?

Because the freed Hebrews only ate *matzah*, for the entire holiday of Passover (seven or eight days) Jews eat *matzah* and refrain from all leaven-anything that rises during baking. The rabbis specify five grains that are absolutely forbidden on Passover: Wheat, oat, spelt, barley and rye. In addition, many rabbis prohibit rice and legumes (such as peas, beans, corn, lentils, millet, and mustard) because they expand when cooked.

In trying to personalize the redemptive message of the Exodus, adopting special dietary practice allows a constant, deliberate (and not always easy) way to remember the messages of Passover. When we were freed, the Jews had only *matzah* to eat so we too eat only *matzah*. And, by limiting our diet on Passover, it is a reminder of the joy of freedom we experience throughout the rest of the year.

If you have any questions about foods that are kosher for Passover, questions about the holiday of Passover, or any general Passover related concerns, please contact:

Interim Rabbi: Josh Jeffreys