## Heilman Dining Center Passover Menu - 2019

### Lunch

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<tbody>
<tr>
<td><strong>Protein</strong></td>
<td>Hamburger</td>
<td>Mushroom Tomato Basil Frittata</td>
<td>Chicken Stir Fry</td>
<td>Baked Chicken</td>
<td>Lemon &amp; Dill Cod</td>
<td>Beef Stir Fry</td>
<td>Lemon Caper Salmon</td>
<td>Pesto Chicken</td>
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<tr>
<td><strong>Starch</strong></td>
<td>Hashbrown Potatoes</td>
<td>Acorn Squash</td>
<td>Mashed Potatoes</td>
<td>Baked Potatoes</td>
<td>Roasted Red Potatoes</td>
<td>Mashed Potatoes</td>
<td>Roasted Root Vegetables</td>
<td>Roasted Butternut Squash</td>
</tr>
<tr>
<td><strong>Vegetable</strong></td>
<td>Spinach</td>
<td>Roasted Cauliflower</td>
<td>Broccoli</td>
<td>Beets</td>
<td>Carrots</td>
<td>Cauliflower</td>
<td>Grilled Zucchini Squash</td>
<td>Broccoli</td>
</tr>
<tr>
<td><strong>Dessert</strong></td>
<td>Tapioca Pudding</td>
<td>Coconut Macaroons</td>
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*Selections will be available on the serving line between the Panini and Sandwich Station.*

### Dinner

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<tbody>
<tr>
<td><strong>Protein</strong></td>
<td>Baked Chicken</td>
<td>Herb Roasted Chicken Thigh</td>
<td>Grilled Flank Steak</td>
<td>Fish of the Day</td>
<td>Pot Roast</td>
<td>Baked Rotisserie Chicken</td>
<td>Seared Flank Steak</td>
<td>Chicken Apple Sausage</td>
</tr>
<tr>
<td><strong>Starch</strong></td>
<td>Baked Potato</td>
<td>Baked Sweet Potato</td>
<td>Roasted Red Potatoes</td>
<td>Roasted Butternut Squash</td>
<td>Roasted Parsnips</td>
<td>Fingerling Potatoes</td>
<td>Baked Sweet Potato</td>
<td>Roasted Red Potatoes</td>
</tr>
<tr>
<td><strong>Vegetable</strong></td>
<td>Roasted Broccoli</td>
<td>Steamed Asparagus</td>
<td>Brussels Sprouts</td>
<td>Roasted Asparagus</td>
<td>Seasoned Kale</td>
<td>Broccoli</td>
<td>Roasted Parmesan Asparagus</td>
<td>Roasted Cauliflower w/ Red Pepper Coulis</td>
</tr>
<tr>
<td><strong>Dessert</strong></td>
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### Spider Grill
- Chicken
- Beef Burger

### Deli
- Deli Turkey

### Salad Bar
- Raw vegetables
- Plain tuna

Other foods available daily that are Kosher:

*Items Available in the Special Diet Refrigerator (look for sign)*
- Matzo Ball Soup
- Cereal
- Brownies
- Cookies
- *Matzo in the Special Diet area*
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 April 19
Passover ends at sundown on Saturday April 27

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

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.

Heilman Dining Center
April 20-27, 2019

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Josh Jeffreys, Jewish Chaplain and Director of Religious Life; jjeffrey@richmond.edu