# Heilman Dining Center Passover Menu - 2019

## Lunch

11am-2pm  
**Saturday 4/20**
- **Protein**: Hamburger  
- **Starch**: Hashbrown Potatoes  
- **Vegetable**: Spinach  
- **Dessert**: Tapioca Pudding

**Sunday 4/21**
- **Protein**: Baked Salmon with Herbs  
- **Starch**: Dauphinois Potatoes  
- **Vegetable**: Baked Parsnips  
- **Dessert**: Coconut Macaroons

**Monday 4/22**
- **Protein**: Chicken Stir Fry  
- **Starch**: Mashed Potatoes  
- **Vegetable**: Broccoli  
- **Dessert**: Tapioca Pudding

**Tuesday 4/23**
- **Protein**: Baked Chicken  
- **Starch**: Baked Potatoes  
- **Vegetable**: Beets  
- **Dessert**: Coconut Macaroons

**Wednesday 4/24**
- **Protein**: Lemon & Dill Cod  
- **Starch**: Roasted Red Potatoes  
- **Vegetable**: Carrots  
- **Dessert**: Tapioca Pudding

**Thursday 4/25**
- **Protein**: Beef Stir Fry  
- **Starch**: Mashed Potatoes  
- **Vegetable**: Cauliflower  
- **Dessert**: Coconut Macaroons

**Friday 4/26**
- **Protein**: Lemon Caper Salmon  
- **Starch**: Roasted Root Vegetables  
- **Vegetable**: Grilled Zucchini Squash  
- **Dessert**: Tapioca Pudding

**Saturday 4/27**
- **Protein**: Pesto Chicken  
- **Starch**: Roasted Butternut Squash  
- **Vegetable**: Broccoli  
- **Dessert**: Coconut Macaroons

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

## Dinner

4:30pm-8pm  
**Saturday 4/20**
- **Protein**: Baked Chicken  
- **Starch**: Baked Potato  
- **Vegetable**: Roasted Broccoli  
- **Dessert**: Tapioca Pudding

**Sunday 4/21**
- **Protein**: Herb Roasted Chicken Thigh  
- **Starch**: Baked Sweet Potato  
- **Vegetable**: Steamed Asparagus  
- **Dessert**: Coconut Macaroons

**Monday 4/22**
- **Protein**: Grilled Flank Steak  
- **Starch**: Roasted Red Potatoes  
- **Vegetable**: Brussels Sprouts  
- **Dessert**: Tapioca Pudding

**Tuesday 4/23**
- **Protein**: Fish of the Day  
- **Starch**: Roasted Butternut Squash  
- **Vegetable**: Roasted Asparagus  
- **Dessert**: Coconut Macaroons

**Wednesday 4/24**
- **Protein**: Pot Roast  
- **Starch**: Roasted Parsnips  
- **Vegetable**: Seasoned Kale  
- **Dessert**: Tapioca Pudding

**Thursday 4/25**
- **Protein**: Baked Rotisserie Chicken  
- **Starch**: Fingerling Potatoes  
- **Vegetable**: Broccoli  
- **Dessert**: Coconut Macaroons

**Friday 4/26**
- **Protein**: Seared Flank Steak  
- **Starch**: Baked Sweet Potato  
- **Vegetable**: Roasted Parmesan Asparagus  
- **Dessert**: Tapioca Pudding

**Saturday 4/27**
- **Protein**: Chicken Apple Sausage  
- **Starch**: Roasted Red Potatoes  
- **Vegetable**: Roasted Cauliflower w/ Red Pepper Coulis  
- **Dessert**: Coconut Macaroons

## Special Foods

- **Spider Grill**  
  - Chicken  
  - Beef Burger  
  - Deli  
  - Deli Turkey  
  - Salad Bar  
  - Raw vegetables  
  - Plain tuna

- **Other foods available daily that are Kosher:**
  - Matzo Ball Soup  
  - Cereal  
  - Brownies  
  - Cookies

- **Items Available in the Special Diet Refrigerator**
  - (look for sign)

- **Matzo in the Special area**
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:
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