



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
KOSHER MENU MARCH 2019		<i>Encore Menu's created with care by Kitchen Services team. All menu's are reviewed and approved by NYC Dept. For Aging nutritionists.</i>				1 Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Tangerine	2 Baked Tilapia Creole Sauce Brown Rice and Red Beans Steamed Red or Green Cabbage Orange Juice Pear
		3 Cheddar Cheese Vegetable Spanish Omelet Home Fries Mixed Vegetables Healthy Strawberry and Applesauce Orange Pineapple	4 Italian Meatballs with Beef and Turkey Tomato Sauce Pasta Green Beans Apple Juice Orange	5 Baked Breaded Chicken Cutlet Brown Gravy Kale in Garlic Sauce Mashed Potatoes Healthy Peach Apple Sauce Orange Juice	6 Baked Fish with Garlic Sauce Rice A Roni California Blend Vegetables Orange Pineapple Juice Pear	7 Stuffed Cabbage with Beef Toasted Barley with Mushrooms Steamed Carrots Apple Orange Juice	8 Rosemary Chicken Challah Bread Red Bliss Potatoes Spinach Souffle Apple Juice Banana
10 Baked Macaroni and Cheese Green Beans Steamed Carrots Apple Juice Tangerine	11 Teriyaki Chicken Breast White Rice Oriental Blend Vegetables Apple Orange Juice	12 Baked Salmon Dill Lemon Sauce Baby Carrots with Parsley Mashed Potatoes Apple Juice Pear	13 Sweet and Sour Meatballs Pasta Green Beans Healthy Strawberry and Applesauce Orange Pineapple Juice	14 Veggie Burger Patty Baked Red Potato Wedges Normandy Blend Banana Orange Juice	15 BBQ Chicken Challah Bread Spiced Sweet Potatoes Kale in Garlic Sauce Apple Juice Orange	16 Baked Ocean Perch Fish Moroccan Style Sauce Cous Cous Green Beans Apple Orange Juice	
17 Stuffed Shells with Cheese Steamed Carrots Steamed Kale Kiwi Orange Pineapple Juice	18 Baked Flounder Fish Creole Sauce Brown Rice with Beans California Blend Vegetables Apple Orange Juice	19 BBQ Sauce Turkey Burger Braised Red Cabagge Smashed Red Potatoes Apple Juice Kiwi	20 Chicken Cacciatore Pasta Zucchini and Peas Orange Pineapple Juice Pear	21 Stuffed Cabbage with Beef Mauzone Toasted Barley & Onion Steamed Green Beans Banana Orange Juice	22 Roasted Chicken Challah Bread Creamy Spinach Potato Kugel Apple Juice Tangerine	23 Lemon Pepper Tilapia Brown Rice Steamed Broccoli Healthy Strawberry and Applesauce Orange Juice	
24 Cheese Blintzes Steamed Carrots Steamed Peas Apple Orange Pineapple Juice	25 Turkey Meatloaf Braised Red Cabagge Mashed Potatoes Apple Juice Kiwi	26 Teriyaki Baked Fish Chinese Style Spaghetti Oriental Blend Vegetables Apple Orange Juice	27 BBQ Chicken Breasts White Rice Green Beans Orange Pineapple Juice Pear	28 Sweet and Sour Meatballs Bowtie Pasta with Kasha Steamed Broccoli Applesauce Orange Juice	29 Brown Gravy Roasted Chicken Challah Bread Roasted Potatoes Steamed Carrots Apple Juice Orange	30 Baked Hoki Fish with Marsala Mushroom Sauce Roasted Vegetable Couscous Steamed Kale Banana Orange Pineapple Juice	
31 Beef Meatloaf with Mushroom Gravy Rice Pilaf Mixed Vegetables Apple Orange Juice	 <p>Ta'anit Esther Fast of Esther</p>						
<p align="center">**Some menu items may be subject to change based on availability</p> <p align="center">Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free</p> <p align="center">Margarine, & Vitamin C Enriched fruit juice</p>							