

**LUNCH MENU**

Senior Center Name: **JASA HOME DELIVERED MEALS 46G**

Menu Cycle: **Winter** Cycle Date: **12/28/2020 To 3/28/2021** Week: **1**

Menu Name: **15868--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Winter 2021** Menu Status: **\* Submitted To DFTA \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	12/28/2020 02/08/2021 03/22/2021	12/29/2020 02/09/2021 03/23/2021	12/30/2020 02/10/2021 03/24/2021	12/31/2020 02/11/2021 03/25/2021	01/01/2021 02/12/2021 03/26/2021	01/02/2021 02/13/2021 03/27/2021	01/03/2021 02/14/2021 03/28/2021
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Veggie Burgers (pre-packaged Kosher)	Chicken Marsala	Teriyaki Tilapia	Beef Stroganoff with Noodles	BBQ Chicken	Sweet and Sour Meatballs	Stuffed Shells with Cheese
<b>Grains</b> 1-2 servings	Whole Wheat Bread	Kasha Varnishkes  Whole Wheat Bread	White Rice  Whole Wheat Bread	Whole Wheat Bread	Challah Bread	Cous Cous  Whole Wheat Bread	Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Brown Rice (1/2 cup)  Kale with Garlic Sauce	Steamed Carrots	Oriental Blend Vegetables	Braised Red Cabbage with Apples	Creamy Spinach (Dairy-Free)  Spiced Sweet Potatoes	Winter Blend Vegetables	Mixed Vegetables (starchy)  Steamed Kale
<b>Fruit or Fruit Juice</b> 1-2 servings	Orange Juice  Pear	Apple Juice  Fruit Cocktail	Applesauce  Orange Pineapple Juice	Banana  Orange Juice	Apple Juice  Orange	Kiwi  Orange Juice	Apple  Orange Pineapple Juice
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

Approved by:

Date Approved:

**\*\*This Menu has not been approved\*\***

**LUNCH MENU**

Senior Center Name: **JASA HOME DELIVERED MEALS 46G**

Menu Cycle: **Winter** Cycle Date: **12/28/2020 To 3/28/2021** Week: **2**

Menu Name: **15868--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Winter 2021** Menu Status: **\* Submitted To DFTA \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	01/04/2021 02/15/2021	01/05/2021 02/16/2021	01/06/2021 02/17/2021	01/07/2021 02/18/2021	01/08/2021 02/19/2021	01/09/2021 02/20/2021	01/10/2021 02/21/2021
<b>Entrée</b> 3 oz (cooked) protein or equivalent	TVP Sloppy Joe	Baked Onions  Turkey Burger	Horseradish-Crusted Salmon	Stuffed Cabbage with Beef	Hawaiian Chicken with Vegetables	Baked Fish with Cream Corn Sauce	Cheese Blintzes
<b>Grains</b> 1-2 servings	Rice Pilaf  Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Mauzone Toasted Barley and Onion  Whole Wheat Bread	Challah Bread  Noodles and Cabbage	Brown Rice (1/2 cup)  Whole Wheat Bread	Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Steamed Green Beans	Roasted Beets  Spiced Sweet Potatoes	Braised Red Cabagge  Mashed Potatoes, 4 oz	Steamed Carrots	Winter Blend Vegetables	Sauteed Zucchini	Steamed Carrots  Steamed Peas
<b>Fruit or Fruit Juice</b> 1-2 servings	Apple  Orange Juice	Apple Juice  Orange	Orange Juice  Pear	Apple Juice  Banana	Canned Pineapple  Orange Juice	Applesauce  Orange Pineapple Juice	Apple Juice  Fruit Cocktail
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

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**LUNCH MENU**

Senior Center Name: **JASA HOME DELIVERED MEALS 46G**

Menu Cycle: **Winter**      Cycle Date: **12/28/2020 To 3/28/2021**      Week: **3**

Menu Name: **15868--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Winter 2021**      Menu Status: **\* Submitted To DFTA \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	01/11/2021 02/22/2021	01/12/2021 02/23/2021	01/13/2021 02/24/2021	01/14/2021 02/25/2021	01/15/2021 02/26/2021	01/16/2021 02/27/2021	01/17/2021 02/28/2021
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Black Beans and Mushrooms Vegan Burger	Swedish Meatballs with Beef and Turkey	Chinese Style Chicken Patty	Baked Fish with Garlic Sauce	Roasted Chicken	Baked Breaded Fish	Lasagna Rolatini
<b>Grains</b> 1-2 servings	Kasha Varnishkes  Whole Wheat Bread	Whole Wheat Bread	Chinese Style Spaghetti  Whole Wheat Bread	Brown Rice with Beans  Whole Wheat Bread	Challah Bread	Whole Wheat Bread	Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Creamy Spinach (Dairy-Free)	Green Beans  Mashed Potatoes, 4 oz	Oriental Blend Vegetables	Roasted Beets	Roasted Butternut Squash  Steamed Kale	California Blend Vegetables  Roasted Potatoes	Mixed Vegetables (starchy)  Sauteed Zucchini
<b>Fruit or Fruit Juice</b> 1-2 servings	Apple Juice  Canned Mandarin Oranges	Applesauce  Orange Juice	Fruit Cocktail  Orange Pineapple Juice	Banana  Orange Juice	Apple Juice  Kiwi	Apple  Orange Pineapple Juice	Apple Juice  Pear
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

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Senior Center Name: **JASA HOME DELIVERED MEALS 46G**

Menu Cycle: **Winter** Cycle Date: **12/28/2020 To 3/28/2021** Week: **4**

Menu Name: **15868--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Winter 2021** Menu Status: **\* Submitted To DFTA \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	01/18/2021 03/01/2021	01/19/2021 03/02/2021	01/20/2021 03/03/2021	01/21/2021 03/04/2021	01/22/2021 03/05/2021	01/23/2021 03/06/2021	01/24/2021 03/07/2021
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Vegan Stuffed Bell Peppers	BBQ Chicken Breasts	Beef Meatloaf with Mushroom Gravy	Turkey with Gravy	Orange Chicken with Rosemary	Salmon Burger	Vegetable Baked Ziti with Whole Wheat Pasta
<b>Grains</b> 1-2 servings	Pasta with Sweet Peas  Whole Wheat Bread	Brown Rice (1/2 cup)  Whole Wheat Bread	Whole Wheat Bread	Rice Pilaf  Whole Wheat Bread	Challah Bread	Whole Wheat Bread	Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Steamed Carrots	Broccoli Mashed Potato Style	Kale with Garlic Sauce  Mashed Potatoes, 4 oz	Steamed Green Beans	California Blend Vegetables  Roasted Potatoes	Braised Red Cabagge  Mashed Butternut Squash	Italian Blend Vegetables  Sauteed Zucchini
<b>Fruit or Fruit Juice</b> 1-2 servings	Apple Juice  Fruit Cocktail	Apple  Orange Juice	Orange Pineapple Juice  Sliced Canned Peaches	Banana  Orange Juice	Apple Juice  Orange	Applesauce  Orange Juice	Canned Mandarin Oranges  Orange Pineapple Juice
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

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Senior Center Name: **JASA HOME DELIVERED MEALS 46G**

Menu Cycle: **Winter**      Cycle Date: **12/28/2020 To 3/28/2021**      Week: **5**

Menu Name: **15868--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Winter 2021**      Menu Status: **\* Submitted To DFTA \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	01/25/2021 03/08/2021	01/26/2021 03/09/2021	01/27/2021 03/10/2021	01/28/2021 03/11/2021	01/29/2021 03/12/2021	01/30/2021 03/13/2021	01/31/2021 03/14/2021
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Farmers Market Individual Omelets	Baked Pollack Fish  Mustard Fish Sauce	Beef Pot Roast	Homemade Tomato Sauce 1/4 cup  Turkey Meatballs	Baked Oregano Chicken	Baked Falafel Patties	Vegetable Spanish Omelet
<b>Grains</b> 1-2 servings	Whole Wheat Bread	Brown Rice and Black Beans  Whole Wheat Bread	Whole Wheat Bread	Pasta (1/2 cup)  Whole Wheat Bread	Challah Bread  Potato Kugel	Brown Rice with Mushrooms	Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Homemade Mashed Potatoes  Steamed Kale	California Blend Vegetables	Cauliflower Mashed Potato Style  Corn and Peas	Green Beans	Carrot Tzimmes	Roasted Beets	Home Fries  Italian Blend Vegetables
<b>Fruit or Fruit Juice</b> 1-2 servings	Apple Juice  Orange	Applesauce  Orange Juice	Apple Juice  Kiwi	Banana  Orange Juice	Apple Juice  Pear	Apple  Orange Juice	Apple Juice  Canned Pineapple
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

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Senior Center Name: **JASA HOME DELIVERED MEALS 46G**

Menu Cycle: **Winter** Cycle Date: **12/28/2020 To 3/28/2021** Week: **6**

Menu Name: **15868--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Winter 2021** Menu Status: **\* Submitted To DFTA \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	02/01/2021 03/15/2021	02/02/2021 03/16/2021	02/03/2021 03/17/2021	02/04/2021 03/18/2021	02/05/2021 03/19/2021	02/06/2021 03/20/2021	02/07/2021 03/21/2021
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Chickpea Stew	Baked Breaded Chicken Cutlet  Brown Gravy	Stuffed Cabbage with Beef	Baked Fish Fillets  Dill Lemon Sauce	Chicken Chasseur	Homemade Fish Cake	Cheese Blintzes
<b>Grains</b> 1-2 servings	White Rice  Whole Wheat Bread	Whole Wheat Bread	Toasted Barley with Onions  Whole Wheat Bread	Cous Cous  Whole Wheat Bread	Challah Bread  Rice A Roni	Egg Noodles  Whole Wheat Bread	Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Green Beans	Mashed Potatoes, 4 oz  Roasted Beets	Winter Blend Vegetables	Steamed Carrots	Spinach Souffle	Sauteed Zucchini	Green Beans  Steamed Carrots
<b>Fruit or Fruit Juice</b> 1-2 servings	Apple Juice  Orange	Orange Juice  Pear	Apple Juice  Fruit Cocktail	Banana  Orange Juice	Apple  Orange Pineapple Juice	Kiwi  Orange Juice	Apple Juice  Canned Mandarin Oranges
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

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