








KOSHER MENU - JUNE 2022

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Vegan Burger Black Beans and Mushrooms Cous Cous Creamy Spinach (Dairy-Free)	2 Italian Meatballs with Beef & Turkey Pasta Green Beans	3 Roasted Chicken Challah Bread Carrot Tzimmes Potato Kugel	4 Baked Fish with Creole Sauce Egg Noodles Capri Blend Vegetables
5	6	7	8	9	10	11
Lasagna Rولاتini Mixed Vegetables (starchy) Sautéed Zucchini	Baked Breaded Fish Fillets with Dill Lemon Sauce Rice Pilaf Steamed Broccoli	Turkey Meat Sauce Pasta Italian Blend Vegetables	Vegan Stuffed Bell Peppers Cous Cous Steamed Carrots	Beef Meatloaf with Mushroom Gravy Kasha Varnishkes Italian Cut Green Beans	Lemon Chicken & Challah Bread Roasted Potatoes California Blend Vegetables	Sweet and Sour Meatballs Mauzone Toasted Barley and Onion Green Beans
12	13	14	15	16	17	18
Vegetable Spanish Omelet Home Fries Steamed Carrots	Baked Pollack Fish with Mustard Fish Sauce Brown Rice and Black Beans Prince Edward Blend Vegetables	Turkey Burger with BBQ Sauce- No Sugar Added Spiced Sweet Potatoes Creamy Spinach	Vegetarian TVP Bolognese Pasta Italian Blend Vegetables Sautéed Zucchini	Kosher Beef Stroganoff Egg Noodles Green Beans	Chicken Shawarma & Challah Bread Lentils with Spiced Rice and Caramelized Onions Capri Blend Vegetables	Baked Breaded Fish Cous Cous Yellow Squash
19	20	21	22	23	24	25
Cheese Blintzes Italian Blend Vegetables Roasted Butternut Squash	Baked Breaded Fish Fillets with Dill Lemon Sauce Rice Pilaf Kale with Garlic Sauce	Chinese Style Chicken Patty Roasted Beets Smashed Red Potatoes	Chickpea Stew White Rice Green Beans	Stuffed Cabbage with Beef Mauzone Toasted Barley with Onions Roasted Zucchini	Roasted Chicken Challah Bread Carrot Tzimmes Potato Kugel	Baked Falafel Patties & Jeera Rice (Cumin Spiced Rice) Kale and Lemon
26	27	28	29	30		
Vegetable Spanish Omelet Home Fries Steamed Carrots	Teriyaki Glazed Fish Chow Fun Noodles Oriental Blend Vegetables	Pasta with Meat Sauce Italian Blend Vegetables	Veggie Burgers Brown Rice Kale with Garlic Sauce	Swedish Meatballs with Beef and Turkey Kasha Varnishkes Sautéed Zucchini		
All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).						