



# KOSHER MENU - August 2022

\*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\*



SUNDAY							MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY							SATURDAY						
1							2							3							4							5							6													
							<b>Baked Breaded Fish Fillets with Dill Lemon Sauce</b> Rice Pilaf Kale with Garlic Sauce							<b>Chinese Style Chicken Patty</b> Roasted Beets Smashed Red Potatoes							<b>Chickpea Stew</b> <b>White Rice</b> Green Beans							<b>Stuffed Cabbage with Beef</b> <b>Mauzone Toasted Barley with Onions</b> Roasted Zucchini							<b>Roasted Chicken Challad Bread</b> Carrot Tzimmes & Potato Kugel							<b>Baked Falafel Patties</b> <b>Jeera Rice (Cumin Spiced Rice)</b> Kale and Lemon						
7							8							9							10							11							12							13						
<b>Vegetable Spanish Omelet</b> Home Fries Steamed Carrots							<b>Teriyaki Glazed Fish Chow Fun Noodles</b> Oriental Blend Vegetables							<b>Pasta with Meat Sauce</b> Italian Blend Vegetables							<b>Veggie Burgers</b> <b>Brown Rice</b> Kale with Garlic Sauce							<b>Swedish Meatballs with Beef and Turkey</b> <b>Kasha Varnishkes</b> Sauteed Zucchini							<b>Lemon Chicken &amp; Challah Bread</b> <b>Roasted Potatoes</b> Winter Blend Vegetables							<b>Baked Breaded Fish Fillets with Creol sauce</b> Kale in garlic sauce						
14							15							16							17							18							19							20						
<b>Stuffed Shells with Cheese</b> Steamed Peas Yellow Squash							<b>Salmon Cakes</b> <b>Homemade Mashed Potatoes</b> Braised Red Cabagge							<b>Turkey Burger with Baked Onions</b> Spiced Sweet Potatoes Creamy Spinach							<b>Lentil Stew with Carrots and Turnips</b> <b>Rice pilaf</b> Steamed Green Beans							<b>Stuffed Cabbage with Beef</b> <b>Mauzone Toasted Barley with Onions</b> Steamed Carrots							<b>Hawaiian Chicken with Vegetables</b> <b>Noodles and Cabbage</b> Capri Blend Vegetables							<b>Baked Falafel Patties &amp; Jeera Rice (Cumin Spiced Rice)</b> Kale and Lemon						
21							22							23							24							25							26							27						
<b>Cheese Blintzes</b> Prince Edward Blend Vegetables Roasted Butternut Squash							<b>Fish with Tomatoes and Herbs</b> <b>Jeera Rice (Cumin Spiced Rice)</b> Steamed broccoli							<b>Chinese Style Chicken Patty</b> <b>Roasted Beets</b> Smashed Red Potatoes							<b>Black Beans and Mushrooms</b> <b>Vegan Burger</b> <b>Cous Cous</b> Creamy Spinach							<b>Italian Meatballs with Beef &amp; Turkey</b> <b>Pasta</b> Green Beans							<b>Roasted Chicken Challad Bread</b> Carrot Tzimmes Potato Kugel							<b>Baked Fish with Creole Sauce</b> <b>Egg Noodles</b> Capri Blend Vegetables						
28							29							30							31																											
<b>Lasagna Rولاتini</b> Mixed Vegetables (starchy) Sauteed Zucchini							<b>Baked Breaded Fish Fillets with Dill Lemon Sauce</b> <b>Rice Pilaf</b> Steamed Broccoli							<b>Baked Breaded Fish Fillets with Dill Lemon Sauce</b> <b>Rice Pilaf</b> Steamed Broccoli							<b>Vegan Stuffed Bell Peppers</b> <b>Cous Cous</b> Steamed Carrots																											

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).