






KOSHER MENU - November 2022

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|--|--|--|--|---|--|--|--|--|--|---|--|---|--|
| | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | |
|  | | | | Pasta with Meat Sauce Italian Blend Vegetables | | Veggie Burgers Brown Rice Kale with Garlic Sauce | | Swedish Meatballs with Beef and Turkey Kasha Varnishkes Sauteed Zucchini | | Lemon Chicken Challah Bread Roasted Potatoes Winter Blend Vegetables | | Stuffed Cabbage with Beef Toasted Barley with Onions Roasted Zucchini | |
| 6 | | 7 | | 8 | | 9 | | 10 | | 11 | | 12 | |
| Stuffed Shells with Cheese Steamed Peas Steamed Yellow Squash | | Salmon Cakes Homemade Potatoes Braised Red Cabagge | | Baked Onions on Turkey Burger Creamy Spinach Spiced Sweet Potatoes | | Lentil Stew with Carrots and Turnips Rice Pilaf Steamed Green Beans | | Stuffed Cabbage with Beef Mauzone Toasted Barley and Onion Steamed Carrots | | Hawaiian Chicken with Vegetables Haluski (Noodles and Cabbage) Capri Blend Vegetables | | Baked Falafel Patties Jeera Rice (Cumin Spiced Rice) Kale with Garlic Sauce | |
| 13 | | 14 | | 15 | | 16 | | 17 | | 18 | | 19 | |
| Cheese Blintzes Prince Edward Blend Vegetables Roasted Butternut Squash | | Fish with Tomatoes and Herbs Jeera Rice (Cumin Spiced Rice) Vegetable Mix | | Chicken Kotleti (Russian Patties) Roasted Beets Smashed Red Potatoes | | Black Beans and Mushroom Vegan Burger Cous Cous Creamy Spinach | | Italian Meatballs with Beef and Turkey Pasta Green Beans | | Roasted Chicken Challah Bread Carrot Tzimmes & Potato Kugel | | Baked Onions Turkey Burger Creamy Spinach Spiced Sweet Potatoes | |
| 20 | | 21 | | 22 | | 23 | | 24 | | 25 | | 26 | |
| Cheese Lasagna Rollups Mixed Vegetables Sauteed Zucchini | | Baked Breaded Fish Fillets with Dill Lemon Sauce Rice Pilaf Prince Edward Vegetables | | 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 | | BBQ Chicken Challah Bread California Blend Vegetables & Roasted Potatoes | | Pasta with Meat Sauce Italian Blend Vegetables | |
| 27 | | 28 | | 29 | | 30 | | | | | | | |
| Vegetable Spanish Omelet Home Fries Steamed Carrots | | Baked Breaded Fish Fillets with Mustard Fish Sauce Brown Rice and Black Beans Prince Edward Vegetables | | BBQ Sauce Turkey Burger Spiced Sweet Potatoes Creamy Spinach | | Vegetarian TVP Bolognese Pasta Italian Blend Vegetables & Sauteed 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).