





# KOSHER MENU - February 2023



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

SUNDAY							MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY							SATURDAY						
							1							2							3							4																				
																					<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 and Onion</b> Steamed Carrots							<b>Hawaiian Chicken with Vegetables</b> <b>Haluski (Noodles and Cabbage)</b> Capri Blend Vegetables							<b>Baked Falafel Patties</b> <b>Jeera Rice (Cumin Spiced Rice)</b> Kale with Garlic Sauce						
5							6							7							8							9							10							11						
<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> Vegetable Mix							<b>Chicken Kotleti (Russian Patties)</b> <b>Roasted Beets</b> Smashed Red Potatoes							<b>Black Beans and Mushroom</b> <b>Vegan Burger</b> <b>Cous Cous</b> Creamy Spinach							<b>Italian Meatballs with Beef and Turkey</b> <b>Pasta</b> Green Beans							<b>Roasted Chicken</b> <b>Challah Bread</b> Carrot Tzimmes & Potato Kugel							<b>Baked Onions Turkey Burger</b> <b>Creamy Spinach</b> Spiced Sweet Potatoes						
12							13							14							15							16							17							18						
<b>Cheese Lasagna Rollups</b> Mixed Vegetables Sauteed Zucchini							<b>Baked Breaded Fish Fillets with Dill Lemon Sauce</b> <b>Rice Pilaf</b> Kale with Garlic Sauce							<b>Turkey Meat Sauce</b> <b>Pasta</b> Italian Blend Vegetables							<b>Vegan Stuffed Bell Peppers</b> <b>Cous Cous</b> Steamed Carrots							<b>Beef Meatloaf with Mushroom Gravy</b> <b>Kasha Varnishkes</b> Italian Cut Green Beans							<b>BBQ Chicken</b> <b>Challah Bread</b> California Blend Vegetables & Roasted Potatoes							<b>Pasta with Meat Sauce</b> Italian Blend Vegetables						
19							20							21							22							23							24							25						
<b>Vegetable Spanish Omelet</b> <b>Home Fries</b> Steamed Carrots							<b>Baked Breaded Fish Fillets with Mustard Fish Sauce</b> <b>Brown Rice and Black Beans</b> Prince Edward Vegetables							<b>BBQ Sauce Turkey Burger</b> <b>Spiced Sweet Potatoes</b> Creamy Spinach							<b>Vegetarian TVP Bolognese</b> <b>Pasta</b> Italian Blend Vegetables & Sauteed Zucchini							<b>Kosher Beef Stroganoff</b> <b>Egg Noodles</b> Green Beans							<b>Chicken Shawarma</b> <b>Lentils with Spiced Rice and Caramelized Onions</b> Capri Blend Vegetables							<b>Beef Meatloaf with Mushroom Gravy</b> <b>Kasha Varnishkes</b> Italian Cut Green Beans						
26							27							28																																		
<b>Cheese Blintzes</b> <b>Roasted Butternut Squash</b> <b>Italian Blend Vegetables</b>							<b>Baked Breaded Fish Fillets with Dill Lemon Sauce</b> <b>Rice Pilaf</b> Kale with Garlic Sauce							<b>Brown Gravy Chicken Patty</b> Roasted Beets & Smashed Red Potatoes																																		

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).