



KOSHER MENU - January 2023

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY							MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY							SATURDAY						
1							2							3							4							5							6							7						
							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						
8							9							10							11							12							13							14						
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 & Sautéed Zucchini							Kosher Beef Stroganoff Egg Noodles Green Beans							Chicken Shawarma Lentils with Spiced Rice and Caramelized Onions Capri Blend Vegetables							Beef Meatloaf with Mushroom Gravy Kasha Varnishkes Italian Cut Green Beans						
15							16							17							18							19							20							21						
Cheese Blintzes Roasted Butternut Squash Italian Blend Vegetables							Baked Breaded Fish Fillets with Dill Lemon Sauce Rice Pilaf Kale with Garlic Sauce							Brown Gravy Chicken Patty Roasted Beets & Smashed Red Potatoes							Chickpea Stew White Rice Green Beans							Stuffed Cabbage with Beef Toasted Barley with Onions Roasted Zucchini							Roasted Chicken Challah Bread Carrot Tzimmes & Potato Kugel							Baked Falafel Patties Jeera Rice (Cumin Spiced Rice) Kale with Garlic Sauce						
22							23							24							25							26							27							28						
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							Lemon Chicken Challah Bread Roasted Potatoes Winter Blend Vegetables							Stuffed Cabbage with Beef Toasted Barley with Onions Roasted Zucchini						
29							30							31																																		
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																																		

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).