




KOSHER FROZEN MENU - MAY 2023

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



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



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).