





KOSHER FROZEN MENU - June 2023

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
								1		2		3	
								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	
4		5		6		7		8		9		10	
Stuffed Shells with Cheese Steamed Peas Steamed Yellow Squash		Salmon Cakes Homemade Potatoes Braised Red Cabbage		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	
11		12		13		14		15		16		17	
Cheese Blintzes Roasted Butternut Squash Prince Edward Blend Vegetables		Fish with Tomatoes and Herbs Jeera Rice (Cumin Spiced Rice) Vegetable Mix (non-starchy)		Chicken Kotleti Smashed Red Potatoes Roasted Beets		Black Beans and Mushrooms Vegan Burger Cous Cous Creamy Spinach (Dairy-Free)		Italian Meatballs with Beef and Turkey with Pasta Green Beans		Roasted Chicken Carrot Tzimmes Potato Kugel		Turkey Burger with Baked Onions Spiced Sweet Potatoes Creamy Spinach (Dairy-Free)	
18		19		20		21		22		23		24	
Cheese Lasagna Rollups Mixed Vegetables (starchy) Sautéed Zucchini		Baked Breaded Fish Fillets in Dill Lemon Sauce Rice Pilaf Roasted Butternut Squash Winter Blend Vegetables		Pasta with Turkey Meat Sauce Italian Blend Vegetables		Vegan Stuffed Bell Peppers Cous Cous Steamed Carrots		Beef Meatloaf with Mushroom Gravy Kasha Varnishkes Italian Cut Green Beans		BBQ Chicken Roasted Potatoes California Blend Vegetables		Pasta with Meat Sauce Italian Blend Vegetables	
25		26		27		28		29		30			
Vegetable Spanish Omelet Home Fries Steamed Carrots		Baked Breaded Fish Fillets Mustard Fish Sauce Brown Rice and Black Beans Prince Edward Blend Vegetables		Turkey Burger with BBQ sauce Spiced Sweet Potatoes Creamy Spinach (Dairy-Free)		Vegetarian TVP Bolognese with Pasta Italian Blend Vegetables Sautéed Zucchini		Kosher Beef Stroganoff Noodles Beans Egg Green Beans		Chicken Shawarma Lentils with Spiced Brown Rice and Caramelized Onions (Majadra) Capri Blend Vegetables			
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).													