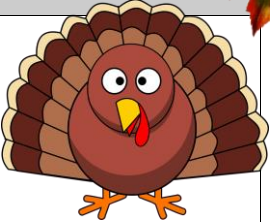
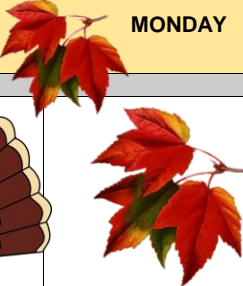






KOSHER FROZEN MENU - NOVEMBER 2023

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Pasta w/ Meat Sauce Italian Blend Vegetables <i>Fruit or Juice</i>	2 Veggie Griller Burger w/ Cuban Black Beans Brown Rice Kale in Garlic Sauce <i>Fruit or Juice</i>	3 Lemon Chicken Sauteed Sweet Potatoes Winter Blend Vegetables <i>Fruit or Juice</i>	4 Cheese Lasagna Rollups Sauteed Zucchini Steamed Carrots <i>Fruit or Juice</i>
5 Turkey Burger w/ Baked Onions Roasted Butternut Squash Creamy Spinach <i>Fruit or Juice</i>	6 Turkey Meatloaf w/ Mushroom Gravy White Rice Capri Blend Vegetables <i>Fruit or Juice</i>	7 Salmon Cakes w/ Dill Lemon Sauce Sauteed Spinach Braised Red Cabbage Mashed Sweet Potatoes <i>Fruit or Juice</i>	8 Beef and Chicken Meatballs w/ Homemade Tomato Sauce & Pasta Sauteed Zucchini <i>Fruit or Juice</i>	9 Mediterranean Lentil Stew Kale in Garlic Sauce Steamed Green Beans	10 Roasted Chicken w/ Brown Gravy Roasted Potatoes Steamed Carrots <i>Fruit or Juice</i>	11 Cheese Blintzes w/ Pasta Roasted Butternut Squash Italian Blend Vegetables <i>Fruit or Juice</i>
12 Turkey Meat Sauce Creamy Spinach <i>Fruit or Juice</i>	13 Dairy Free Chicken Kotleti Mashed Butternut Squash Roasted Beets <i>Fruit or Juice</i>	14 Fish with Tomatoes and Herbs Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	15 Beef Meatballs w/ Homemade Tomato Sauce & Pasta California Blend Vegetables <i>Fruit or Juice</i>	16 Black-Eyed Pea Masala White Rice Steamed Green Beans <i>Fruit or Juice</i>	17 Roasted Chicken Potato Kugel Carrot Tzimmes <i>Fruit or Juice</i>	18 Cheese Lasagna Rollups Sauteed Zucchini Steamed Carrots <i>Fruit or Juice</i>
19 Turkey Burger w/ Baked Onions Spiced Sweet Potatoes Creamy Spinach <i>Fruit or Juice</i>	20 Chicken Patty Peppers and Onions Stewed Tomatoes Kasha Varnishkes Italian Blend Vegetables <i>Fruit or Juice</i>	21 Breaded Fish Fillet Dill Lemon Sauce Sauteed Spinach California Blend Vegetables Roasted Butternut Squash <i>Fruit or Juice</i>	22 Beef and Chicken Meatloaf w/ Mushroom Gravy Cous Cous Steamed Carrots <i>Fruit or Juice</i>	Thanksgiving	24 BBQ Chicken Toasted Barley with Onions Winter Blend Vegetables <i>Fruit or Juice</i>	25 Spanish Omelet with Vegetables w/ Sauteed Onions and Peppers Roasted Sweet Potato Fries Steamed Zucchini <i>Fruit or Juice</i>
26 Turkey Meatballs w/ Sweet and Sour Sauce & Pasta Roasted Beets <i>Fruit or Juice</i>	27 Stuffed Cabbage with Turkey Sauteed Zucchini <i>Fruit or Juice</i>	28 Baked Breaded Fish Fillets w/ Mustard Fish Sauce Creamy Spinach Spiced Sweet Potatoes <i>Fruit or Juice</i>	29 Beef Stroganoff Egg Noodles Braised Red Cabbage <i>Fruit or Juice</i>	30 Vegetarian TVP Bolognese w/ Homemade Tomato Sauce & Pasta Winter Blend Vegetables <i>Fruit or Juice</i>		

All meals will be accompanied by a carton of milk, whole wheat bread, margarine. Fruit OR juice varies per day