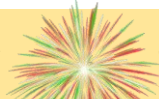




KOSHER FROZEN MENU - JANUARY 2024

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 Chicken Patty w/ Peppers and Onions & Stewed Tomatoes Kasha Varnishkes Italian Blend Vegetables <i>Fruit or Juice</i>	2 Breaded Fish Fillet w/ Dill Lemon Sauce & Sautéed Spinach Roasted Butternut Squash California Blend Vegetables <i>Fruit or Juice</i>	3 Beef and Chicken Meatloaf w/ Mushroom Gravy Cous Cous Steamed Carrots Fruit or Juice	4 Classic Black Bean Stew Brown Rice Steamed Green Beans <i>Fruit or Juice</i>	5 BBQ Chicken Toasted Acini de Pepe with Onions Winter Blend Vegetables <i>Fruit Or Juice</i>	6 Spanish Omelet with Sautéed Onions and Peppers Roasted Sweet Potato Fries Steamed Zucchini <i>Fruit Or Juice</i>	
	7 Turkey Meatballs w/ Sweet & Sour Sauce & Pasta Roasted Beets <i>Fruit or Juice</i>	8 Stuffed Cabbage with Turkey Toasted Acini de Pepe with Onions Sautéed Zucchini <i>Fruit or Juice</i>	9 Baked Fish Oreganata Smashed Red Potatoes Kale in Garlic Sauce <i>Fruit or Juice</i>	10 Baked Falafel Patties Jeera Rice Roasted Beets <i>Fruit or Juice</i>	11 Curry Chickpea Stew Brown Rice Roasted Zucchini <i>Fruit or Juice</i>	12 Baked Asian Style Honey Chicken Roasted Butternut Squash Oriental Blend Vegetables <i>Fruit or Juice</i>	13 Cheese Lasagna Rollups Steamed Carrots Steamed Zucchini <i>Fruit or Juice</i>
14 Turkey Meatloaf w/ Peppers and Onions Mashed Sweet Potatoes Spinach in Garlic Sauce <i>Fruit or Juice</i>	15 Stuffed Cabbage with Turkey Toasted Barley with Mushrooms Roasted Beets <i>Fruit or Juice</i>	16 Teriyaki Glazed Fish Vegetable Lo Mein Oriental Blend Vegetables <i>Fruit or Juice</i>	17 Pasta w/ Meat Sauce Italian Blend Vegetables <i>Fruit or Juice</i>	18 Veggie Griller Burger w/ Cuban Black Beans Brown Rice Kale in Garlic Sauce <i>Fruit or Juice</i>	19 Lemon Chicken Sautéed Sweet Potatoes Winter Blend Vegetables <i>Fruit or Juice</i>	20 Spanish Omelete with Vegetables w/ Sautéed Onions & Peppers Roasted Sweet Potato Fries Steamed Zucchini <i>Fruit or Juice</i>	
21 Turkey Burger w/ Baked Onions Roasted Butternut Squash Creamy Spinach <i>Fruit or Juice</i>	22 Turkey Meatloaf w/ Mushroom Gravy White Rice Capri Blend Vegetables <i>Fruit or Juice</i>	23 Salmon Cakes Dill Lemon Sauce Mashed Sweet Potatoes Braised Red Cabbage <i>Fruit or Juice</i>	24 Beef and Chicken Meatballs w/ Homemade Tomato Sauce and Pasta Sautéed Zucchini <i>Fruit or Juice</i>	25 Mediterranean Lentil Stew Kale in Garlic Sauce Steamed Green Beans <i>Fruit or Juice</i>	26 Roasted Chicken w/ Brown Gravy Roasted Potatoes Steamed Carrots <i>Fruit or Juice</i>	27 Cheese Blintzes w Pasta Roasted Butternut Squash Italian Blend Vegetables <i>Fruit or Juice</i>	
28 Turkey Meat Sauce Creamy Spinach <i>Fruit or Juice</i>	29 Chicken Kotleti Mashed Butternut Squash Roasted Beets <i>Fruit or Juice</i>	30 Fish with Tomatoes and Herbs Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	31 Beef Meatballs w/ Homemade Tomato Sauce and Pasta California Blend Vegetables <i>Fruit or Juice</i>				

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).