



KOSHER FROZEN MENU - FEBRUARY 2024

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY

MONDAY

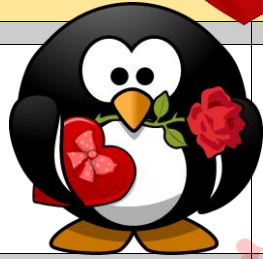
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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5

6

7

8

9

10

Turkey Meat Sauce
Creamy Spinach
Fruit or Juice

Chicken Kotleti
Mashed Butternut Squash
Roasted Beets
Fruit or Juice

Fish with Tomatoes and Herbs
Brown Rice
Italian Blend Vegetables
Fruit or Juice

Beef Meatballs w/ Homemade Tomato Sauce & Pasta
California Blend Vegetables
Fruit or Juice

Black-Eyed Pea Masala
White Rice
Steamed Green Beans
Fruit or Juice

Roasted Chicken
Carrot Tzimmes
Potato Kugel
Fruit or Juice

Cheese Lasagna Rollups
Steamed Carrots
Steamed Zucchini
Fruit or Juice

11

12

13

14

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16

17

Turkey Burger w/ Baked Onions
Spiced Sweet Potatoes
Creamy Spinach
Fruit or Juice

Chicken Patty Peppers and Onions Stewed Tomatoes
Kasha Varnishkes
Italian Blend Vegetables
Fruit or Juice

Breaded Fish Fillet Dill Lemon Sauce Sautéed Spinach
California Blend Vegetables
Roasted Butternut Squash
Fruit or Juice

Beef and Chicken Meatloaf w/ Mushroom Gravy
Cous Cous
Steamed Carrots
Fruit or Juice

Classic Black Bean Stew
Brown Rice
Steamed Green Beans
Fruit or Juice

BBQ Chicken
Toasted Acini de Pepe with Onions
Winter Blend Vegetables
Fruit or Juice

Spanish Omelete with Vegetables w/ Sautéed Onions & Peppers
Roasted Sweet Potato Fries
Steamed Zucchini
Fruit or Juice

18

19

20

21

22

23

24

Turkey Meatballs w/ Sweet & Sour Sauce & Pasta
Roasted Beets
Fruit or Juice

Stuffed Cabbage with Turkey
Toasted Acini de Pepe with Onions
Sautéed Zucchini
Fruit or Juice

Baked Breaded Fish Fillets w/ Mustard Fish Sauce
Spiced Sweet Potatoes
Creamy Spinach
Fruit or Juice

Beef Stroganoff w/ Stroganoff Sauce
Egg Noodles
Braised Red Cabbage
Fruit or Juice

Vegetarian TVP Bolognese w/ Homemade Tomato Sauce & Pasta
Winter Blend Vegetables
Fruit or Juice

Roasted Chicken
Potato Kugel
Carrot Tzimmes
Fruit or Juice

Cheese Blintzes
Roasted Butternut Squash
Italian Blend Vegetables
Fruit or Juice

25

26

27

28

29

Swedish Meatballs with Turkey
Kasha Varnishkes
Steamed Green Beans
Fruit or Juice

Chicken Patty Kiev Sauce Sautéed Spinach
Rice Pilaf
Steamed Sliced Carrots
Fruit or Juice

Baked Fish Oreganata
Kale in Garlic Sauce
Smashed Red Potatoes
Fruit or Juice

Baked Falafel Patties
Jeera Rice
Roasted Beets
Fruit or Juice

Curry Chickpea Stew
Brown Rice
Roasted Zucchini
Fruit or Juice

HAPPY VALENTINE'S DAY

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).