



KOSHER FROZEN MENU - MARCH 2024

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



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