	KOS		T MENU -		2024	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY *Go* UCKY					1 Lemon Chicken Sauteed Sweet Potatoes Winter Blend Vegetables <i>Fruit or Juice</i> 8	2 Salmon Salad Corn, Black Bean and Pepper Salad Red Cabbage Salad <i>Fruit or Juice</i> 9
Turkey Burger w/ Baked Onions 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 Fruit or Juice	Beef and Chicken Meatballs w/ Homemade Tomato & Pasta Cous Cous Sauteed Zucchini Fruit or Juice	Mediterranean Lentil Stew Kale in Garlic Sauce Steamed Green Beans Fruit or Juice	Roasted Chicken w/ Brown Gravy Roasted Potatoes Steamed Carrots Fruit or Juice	<b>Tuna Salad</b> Macaroni and Pea Salad Coleslaw <i>Fruit or Juice</i>
10	11	12	13	14	15	16
<b>Turkey Meat Sauce</b> Creamy Spinach <i>Fruit or Juice</i>	Dairy Free Chicken Kotleti 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 Fruit or Juice	<b>Roasted Chicken</b> Carrot Tzimmes Potato Kugel <i>Fruit or Juice</i>	<b>Egg Salad</b> Corn, Black Bean and Pepper Salad Red Cabbage Salad <i>Fruit or Juice</i>
17	18	19	20	21	22	23
Turkey Burger w/ Baked Onions Kasha Varnishkes Steamed Green Beans Fruit or Juice	Chicken Patty Peppers and Onions Stewed Tomatoes Kasha Varnishkes Italian Blend Vegetables Fruit or Juice	Breaded Fish Fillet Dill Lemon Sauce Sauteed Spinach Roasted Butternut Squash California Blend Vegetables <i>Fruit or Juice</i>	Beef and Chicken Meatloaf w/ Mushroom Gravy Cous Cous Steamed Carrots Fruit or Juice	Classic Black Bean Stew Brown Rice Steamed Green Beans <i>Fruit or Juice</i>	<b>BBQ Chicken</b> Toasted Acini de Pepe with Onions Winter Blend Vegetables <i>Fruit or Juice</i>	<b>Tuna Salad</b> Macaroni and Pea Salad Coleslaw <i>Fruit or Juice</i>
24	25	26	27	28	29	30
Turkey Meatballs w/ Sweet and Sour Sauce & Pasta Roasted Beets Fruit or Juice	Stuffed Cabbage with Turkey Toasted Acini de Pepe with Onions Sauteed Zucchini <i>Fruit or Juice</i>	Baked Breaded Fish Fillets w/ Mustard Fish Sauce Spiced Sweet Potatoes Creamy Spinach <i>Fruit or Juice</i>	Beef Stroganoff w/ Stroganoff Sauce Egg Noodles Braised Red Cabbage <i>Fruit or Juice</i>	Vegetarian TVP Bolognese w/ Homemade Tomato Sauce & Pasta Winter Blend Vegetables <i>Fruit or Juice</i>	Roasted Chicken Potato Kugel Carrot Tzimmes <i>Fruit or Juice</i>	<b>Gefilte Fish</b> Corn, Black Bean and Pepper Salad Red Cabbage Salad <i>Fruit or Juice</i>
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Swedish Meatballs with Turkey Kasha Varnishkes Steamed Green Beans <i>Fruit or Juice</i>	All meals will be accompan	ied by a carton of milk, wh	ole wheat bread, margarine,	, juice, and a piece of fruit (f	ruit & juice vary every day).	