



KOSHER FROZEN MENU - JUNE 2024

MENU SUBJECT TO CHANGES/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Cheese Blintzes w/ Pasta Italian Blend Vegetables Roasted Butternut Squash <i>Fruit Or Juice</i>
2 Turkey Meat Sauce Creamy Spinach <i>Fruit or Juice</i>	3 Chicken Kottlet! Mashed Butternut Squash Roasted Beets <i>Fruit</i> <i>or Juice</i>	4 Fish with Tomatoes and Herbs Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	5 Beef Meatballs w/ Homemade Tomato Sauce & Pasta California Blend Vegetables <i>Fruit or Juice</i>	6 Black-Eyed Pea Manala White Rice Steamed Green Beans <i>Fruit or Juice</i>	7 Roasted Chicken Carrot Tzimmes Potato Kugel <i>Fruit or Juice</i>	8 Cheese Lasagna Rollups Steamed Carrots Steamed Zucchini <i>Fruit or Juice</i>
9	10	11	12	13	14	15

<p>Turkey Burger w/ Baked Onions Spiced Sweet Potatoes Creamy Spinach <i>Fruit or Juice</i></p>	<p>Chicken Patty Peppers and Onions Stewed Tomatoes Kasha Varnishkes Italian Blend Vegetables <i>Fruit or Juice</i></p>	<p>Breaded Fish Fillet Dill Lemon Sauce Sautéed Spinach California Blend Vegetables Roasted Butternut Squash <i>Fruit or Juice</i></p>	<p>Beef and Chicken Meatloaf w/ Mushroom Gravy Cous Cous Steamed Carrots <i>Fruit or Juice</i></p>	<p>Classic Black Bean Stew Brown Rice Steamed Green Beans <i>Fruit or Juice</i></p>	<p>BBQ Chicken Toasted Acini de Pepe with Onions Winter Blend Vegetables <i>Fruit or Juice</i></p>	<p>Spanish Omelette with Vegetables w/ Sautéed Onions & Peppers Roasted Sweet Potato Fries Steamed Zucchini <i>Fruit or Juice</i></p>
16	17	18	19	20	21	22
<p>Turkey Meatballs w/ Sweet & Sour Sauce & Pasta Roasted Beets <i>Fruit or Juice</i></p>	<p>Stuffed Cabbage with Turkey Toasted Acini de Pepe with Onions Sautéed Zucchini <i>Fruit or Juice</i></p>	<p>Baked Breaded Fish Fillets w/ Mustard Fish Sauce Spiced Sweet Potatoes Creamy Spinach <i>Fruit or Juice</i></p>	<p>Beef Stroganoff w/ Stroganoff Sauce Egg Noodles Braised Red Cabbage <i>Fruit or Juice</i></p>	<p>Vegetarian TVP Bolognese w/ Homemade Tomato Sauce & Pasta Winter Blend Vegetables <i>Fruit or Juice</i></p>	<p>Roasted Chicken Potato Kugel Carrot Tzimmes <i>Fruit or Juice</i></p>	<p>Cheese Blintzes Roasted Butternut Squash Italian Blend Vegetables <i>Fruit or Juice</i></p>
23	24	25	26	27	28	29
<p>Swedish Meatballs with Turkey Kasha Varnishkes Steamed Green Beans <i>Fruit or Juice</i></p>	<p>Chicken Patty Kiev Sauce Sautéed Spinach Rice Rial Steamed Sliced Carrots <i>Fruit or Juice</i></p>	<p>Baked Fish Oreganata Kale in Garlic Sauce Smashed Red Potatoes <i>Fruit or Juice</i></p>				
30						

Baked Fish Oreganata

Kale in Garlic Sauce
Smashed Red Potatoes
Fruit or Juice

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).