



HALAL MENU SEPTEMBER 2024



SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7	
Fish w/ Tomatoes and Herbs Brown Rice Roasted Zucchini <i>Fruit or Juice</i>	Baked White Fish w/ Garlic Crumb Crust Cilantro Lime Rice Kale in Garlic Sauce <i>Fruit or Juice</i>	Turkey Meatballs w/ Moroccan Tomato Sauce Spiced Sweet Potatoes Creamy Spinach <i>Fruit or Juice</i>	Aromatic Lentil Stew w/ Carrots and Turnips Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	Beef Keema Cauliflower and Potatoes Steamed Okra <i>Fruit or Juice</i>	Curried Chicken Legs Cous Cous Capri Blend Vegetables Sautéed Spinach <i>Fruit or Juice</i>	Crispy Oven Baked Falafel Patties Jeera Rice Kale Salad with Lemon <i>Fruit or Juice</i>	
8	9	10	11	12	13	14	
Turkey Burger w/ BBQ Sauce Kasha Varnishkes Roasted Zucchini <i>Fruit or Juice</i>	Fish w/Tomatoes and Herbs Jeera Rice Kale in Garlic Sauce <i>Fruit or Juice</i>	Chicken Shawarma Spiced Majadra Capri Blend Vegetables <i>Fruit or Juice</i>	Cumin Spiced Chickpea and Tomato Stew White Rice California Blend Vegetables <i>Fruit or Juice</i>	Beef Meatballs w/ Moroccan Tomato Sauce Cous Cous Steamed Carrots <i>Fruit or Juice</i>	Lemon Chicken Mashed Sweet Potatoes Roasted Zucchini <i>Fruit or Juice</i>	Baked Breaded Fish w/ Homemade Tomato Sauce & Pasta Okra with Tomatoes <i>Fruit or Juice</i>	
15	16	17	18	19	20	21	
Salmon Cakes w/ Dill Lemon Sauce Roasted Sweet Potato Slices Braised Red Cabbage <i>Fruit or Juice</i>	Baked White Fish w/ Garlic Crumb Crust Cilantro Lime Rice Vegetable Mix <i>Fruit or Juice</i>	Turkey Burger w/ Moroccan Tomato Sauce Spiced Sweet Potatoes Creamy Spinach <i>Fruit or Juice</i>	Aromatic Lentil Stew w/ Carrots and Turnips Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	Beef Keema Cauliflower and Potatoes Steamed Okra <i>Fruit or Juice</i>	Curried Chicken Legs Cous Cous Capri Blend Vegetables <i>Fruit or Juice</i>	Crispy Oven Baked Falafel Patties Jeera Rice Roasted Zucchini <i>Fruit or Juice</i>	
22	23	24	25	26	27	28	
Stuffed Cabbage w/ Turkey Toasted Barley with Mushrooms Steamed Carrots <i>Fruit or Juice</i>	Fish w/ Tomatoes and Herbs Jeera Rice Kale in Garlic Sauce Sautéed Spinach <i>Fruit or Juice</i>	Chicken Shawarma Spiced Majadra Capri Blend Vegetables <i>Fruit or Juice</i>	Sweet and Sour Chicken Meatballs Kasha Varnishkes Steamed Carrots <i>Fruit or Juice</i>	Beef Meatballs w/ Moroccan Tomato Sauce Yellow Rice Stewed Okra and Tomatoes <i>Fruit or Juice</i>	Lemon Chicken Mashed Sweet Potatoes Steamed Green Beans <i>Fruit or Juice</i>	Cumin Spiced Chickpea and Tomato Stew White Rice Roasted Zucchini <i>Fruit or Juice</i>	
29	30						
Baked Breaded Fish w/ Dill Lemon Sauce Roasted Butternut Squash California Blend Vegetables <i>Fruit or Juice</i>	Baked White Fish w/ Garlic Crumb Crust Cilantro Lime Rice Vegetable Mix <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).