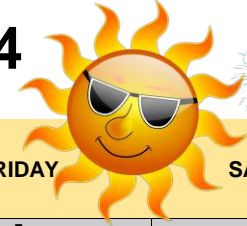




# KOSHER FROZEN MENU - JULY 2024

\*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Turkey Meatloaf w/ Mushroom Gravy</b> Capri Blend Vegetables Mashed Potatoes <i>Fruit or Juice</i>	<b>Baked Fish w/ Mustard Fish Sauce</b> <b>Sauteed Spinach</b> Rice Pilaf Braised Red Cabbage <i>Fruit or Juice</i>	<b>Sweet and Sour Chicken Meatballs</b> Kasha Varnishkes Steamed Carrots <i>Fruit or Juice</i>	<b>Mediterranean Lentil Stew</b> Roasted Butternut Squash Steamed Green Beans <i>Fruit or Juice</i>	<b>Roasted Chicken</b> Roasted Potatoes Sauteed Zucchini <i>Fruit or Juice</i>	<b>Baked Breaded Fish</b> <b>Dill Lemon Sauce</b> California Blend Vegetables Roasted Butternut Squash <i>Fruit or Juice</i>
7	8	9	10	11	12	13
<b>Cheese Lasagna Rollups w/ Tomato Sauce</b> Italian Blend Vegetables Steamed Carrots <i>Fruit or Juice</i>	<b>Dairy Free Chicken Kotlet</b> Roasted Butternut Squash Steamed Green Beans <i>Fruit or Juice</i>	<b>Fish with Tomatoes and Herbs</b> Brown Rice Sauteed Zucchini <i>Fruit or Juice</i>	<b>Beef Meatballs w/ Homemade Tomato Sauce &amp; Pasta</b> California Blend Vegetables <i>Fruit or Juice</i>	<b>Baked Falafel Balls</b> Jeera Rice Roasted Beets <i>Fruit or Juice</i>	<b>Roasted Chicken</b> Carrot Tzimmes Potato Kugel <i>Fruit or Juice</i>	<b>Turkey Meatballs w/ Homemade Tomato Sauce &amp; Pasta</b> Roasted Zucchini <i>Fruit or Juice</i>
14	15	16	17	18	19	20
<b>Cheese Blintzes</b> Roasted Butternut Squash Steamed Carrots <i>Fruit or Juice</i>	<b>Turkey Burger Peppers and Onions w/ BBQ Sauce</b> Kasha Varnishkes Steamed Carrots <i>Fruit or Juice</i>	<b>Breaded Fish Fillet w/ Dill Lemon Sauce &amp; Sauteed Spinach</b> California Blend Vegetables Roasted Butternut Squash <i>Fruit or Juice</i>	<b>Beef and Chicken Meatloaf w/ Mushroom Gravy</b> Roasted Potatoes Zucchini Provencal <i>Fruit or Juice</i>	<b>Vegetarian Three Bean Chili</b> Brown Rice Steamed Green Beans <i>Fruit or Juice</i>	<b>BBQ Chicken</b> Toasted Barley with Mushrooms Savory Braised Cabbage <i>Fruit or Juice</i>	<b>Fish with Tomatoes and Herbs</b> Brown Rice Roasted Zucchini <i>Fruit or Juice</i>
21	22	23	24	25	26	27
<b>Omelette with Peppers and Onions</b> Italian Blend Vegetables Steamed Carrots <i>Fruit or Juice</i>	<b>Chicken Patty w/ Kiev Sauce</b> Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>	<b>Salmon Cakes w/ Mustard Fish Sauce</b> Sauteed Zucchini Spiced Sweet Potatoes <i>Fruit or Juice</i>	<b>Beef Stroganoff</b> Mashed Potatoes Savory Braised Cabbage <i>Fruit or Juice</i>	<b>Vegetarian TVP Bolognese w/ Homemade Tomato Sauce &amp; Pasta</b> Italian Cut Green Beans <i>Fruit or Juice</i>	<b>Roasted Chicken</b> Carrot Tzimmes Potato Kugel <i>Fruit or Juice</i>	<b>Turkey Burger w/ BBQ Sauce</b> Kasha Varnishkes Roasted Zucchini <i>Fruit or Juice</i>
28	29	30	31			
<b>Cheese Lasagna Rollups w/ Homemade Tomato Sauce</b> California Blend Vegetables Roasted Butternut Squash <i>Fruit or Juice</i>	<b>Stuffed Cabbage with Beef</b> Toasted Barley with Mushrooms Steamed Sliced Carrots <i>Fruit or Juice</i>	<b>Teriyaki Baked Fish</b> Brown Rice Oriental Blend Vegetables <i>Fruit or Juice</i>	<b>Swedish Meatballs w/ Turkey &amp; Pasta</b> Braised Red Cabbage <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).