



KOSHER FROZEN MENU - SEPTEMBER 2024

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7	
Omelette with Peppers and Onions Italian Blend Vegetables Steamed Carrots <i>Fruit or Juice</i>	Chicken Patty w/ Kiev Sauce Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>	Salmon Cakes w/ Mustard Fish Sauce Spiced Sweet Potatoes Sautéed Zucchini <i>Fruit or Juice</i>	Beef Stroganoff Mashed Potatoes Savory Braised Cabbage <i>Fruit or Juice</i>	Vegetarian TVP Bolognese w/ Homemade Tomato Sauce & Pasta Italian Cut Green Beans <i>Fruit or Juice</i>	Roasted Chicken Potato Kugel Carrot Tzimmes <i>Fruit or Juice</i>	Turkey Burger w/ BBQ Sauce Kasha Varnishkes Roasted Zucchini <i>Fruit or Juice</i>	
8	9	10	11	12	13	14	
Cheese Lasagna Rollups w/ Homemade Tomato Sauce Roasted Butternut Squash California Blend Vegetables <i>Fruit or Juice</i>	Stuffed Cabbage w/ Beef Toasted Barley with Mushrooms Steamed Sliced Carrots <i>Fruit or Juice</i>	Teriyaki Baked Fish Brown Rice Oriental Blend Vegetables <i>Fruit or Juice</i>	Swedish Meatballs w/ Turkey & Pasta Braised Red Cabbage <i>Fruit or Juice</i>	Curry Chickpea Stew White Rice Zucchini Provencal <i>Fruit or Juice</i>	Baked Asian Style Honey Chicken Roasted Potatoes Italian Cut Green Beans <i>Fruit or Juice</i>	Salmon Cakes w/ Dill Lemon Sauce Roasted Sweet Potato Slices Braised Red Cabbage <i>Fruit or Juice</i>	
15	16	17	18	19	20	21	
Cheese Blintzes Roasted Butternut Squash Steamed Carrots <i>Fruit or Juice</i>	Chicken Patty Peppers and Onions Kasha Varnishkes Roasted Beets <i>Fruit or Juice</i>	Baked Fish Oreganata Roasted Butternut Squash Oriental Blend Vegetables <i>Fruit or Juice</i>	Pasta w/ Meat Sauce Italian Blend Vegetables <i>Fruit or Juice</i>	Veggie Griller Burger Cuban Black Beans Brown Rice Steamed Carrots <i>Fruit or Juice</i>	Lemon Chicken Sautéed Sweet Potatoes Italian Cut Green Beans <i>Fruit or Juice</i>	Stuffed Cabbage with Turkey w/ Homemade Tomato Sauce Toasted Barley with Mushrooms Steamed Carrots <i>Fruit or Juice</i>	
22	23	24	25	26	27	28	
Omelette with Peppers and Onions Roasted Potatoes Savory Braised Cabbage <i>Fruit or Juice</i>	Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Capri Blend Vegetables <i>Fruit or Juice</i>	Baked Fish Mustard Fish Sauce Sautéed Spinach Rice Pilaf Braised Red Cabbage <i>Fruit or Juice</i>	Sweet and Sour Chicken Meatballs Kasha Varnishkes Steamed Carrots <i>Fruit or Juice</i>	Mediterranean Lentil Stew Roasted Butternut Squash Steamed Green Beans <i>Fruit or Juice</i>	Roasted Chicken Roasted Potatoes Sautéed Zucchini <i>Fruit or Juice</i>	Baked Breaded Fish w/ Dill Lemon Sauce Roasted Butternut Squash California Blend Vegetables <i>Fruit or Juice</i>	
29	30						
Cheese Lasagna Rollups w/ Tomato Sauce Italian Blend Vegetables Steamed Carrots <i>Fruit or Juice</i>	Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Capri Blend Vegetables <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).