



# KOSHER FROZEN MENU - OCTOBER 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>Breaded Fish Fillet W/ Dill Lemon Sauce</b> Spiced Sautéed Spinach Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	2 <b>Beefaroni</b> Roasted Butternut Squash Steamed Green Beans <i>Fruit or Juice</i>	3 <b>Vegetarian Three Bean Chili</b> Brown Rice Steamed Zucchini <i>Fruit or Juice</i>	4 <b>BBQ Chicken</b> Mashed Sweet Potatoes Savory Braised Cabbage <i>Fruit or Juice</i>	5 <b>Curry Chickpea Stew</b> White Rice Zucchini Provencal <i>Fruit or Juice</i>
6 <b>Baked Macaroni and Cheese</b> Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	7 <b>Turkey Bean Chili</b> Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>	8 <b>Salmon Cakes W/ Dill Lemon Sauce</b> Brown Rice Oriental Blend Vegetables <i>Fruit or Juice</i>	9 <b>Sweet and Sour Beef Meatballs</b> Mashed Potatoes Steamed Carrots <i>Fruit or Juice</i>	10 <b>Vegetarian TVP Bolognese W/ Pasta &amp; Homemade Tomato Sauce</b> Italian Cut Green Beans <i>Fruit or Juice</i>	11 <b>Roasted Chicken</b> Carrot Tzimmes Potato Kugel <i>Fruit or Juice</i>	12 <b>California Veggie Burger</b> <b>Cuban Black Beans</b> Cous Cous Steamed Carrots <i>Fruit or Juice</i>
13 <b>Cheese Lasagna Rollups W/ Homemade Tomato Sauce</b> Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	14 <b>Turkey Meatloaf</b> Braised Red Cabbage Mashed Sweet Potatoes <i>Fruit or Juice</i>	15 <b>Teriyaki Baked Fish</b> Brown Rice Oriental Blend Vegetables <i>Fruit or Juice</i>	16 <b>Pasta w/ Meat Sauce</b> Italian Blend Vegetables <i>Fruit or Juice</i>	17 <b>Curry Chickpea Stew</b> White Rice Zucchini Provencal <i>Fruit or Juice</i>	18 <b>Baked Asian Style Honey Chicken</b> Italian Cut Green Beans Roasted Potatoes <i>Fruit or Juice</i>	19 <b>Turkey Burger W/ BBQ Sauce &amp; Peppers and Onions</b> Toasted Barley with Mushrooms Steamed Carrots <i>Fruit or Juice</i>
20 <b>Cheese Blintzes</b> Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	21 <b>Chicken Patty W/ Peppers and Onions</b> Brown Rice Steamed Zucchini <i>Fruit or Juice</i>	22 <b>Baked Fish Oreganata</b> Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i>	23 <b>Swedish Meatballs with Beef</b> Kasha Varnishkes Italian Blend Vegetables <i>Fruit or Juice</i>	24 <b>Falafel</b> Jeera Rice Roasted Beets <i>Fruit or Juice</i>	25 <b>Lemon Chicken</b> Italian Cut Green Beans Sautéed Sweet Potatoes <i>Fruit or Juice</i>	26 <b>Salmon Cakes W/ Dill Lemon Sauce</b> Sautéed Zucchini Spiced Sweet Potatoes <i>Fruit or Juice</i>
27 <b>Baked Ziti with Cheese</b> Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	28 <b>Stuffed Cabbage with Turkey</b> Toasted Barley with Mushrooms Capri Blend Vegetables <i>Fruit or Juice</i>	29 <b>Baked Fish W/ Mustard Fish Sauce</b> Rice Pilaf Braised Red Cabbage <i>Fruit or Juice</i>	30 <b>Beef Stroganoff</b> Broccoli Souffle Homemade Mashed Potatoes <i>Fruit or Juice</i>	31 <b>Mediterranean Lentil Stew</b> Roasted Butternut Squash Steamed Green Beans <i>Fruit or Juice</i>	 <b>Happy Halloween</b>	

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, and juice or fruit (fruit or juice vary every day).