






# KOSHER HOT MENU - OCTOBER 2024

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

| SUNDAY   |  |  |  |  |  |  | MONDAY   |  |  |  |  |  |  | TUESDAY  |  |  |  |  |  |  | WEDNESDAY  |  |  |  |  |  |  | THURSDAY   |  |  |  |  |  |  | FRIDAY   |  |  |  |  |  |  | SATURDAY   |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 6  |  |  |  |  |  |  | 7  |  |  |  |  |  |  | 8  |  |  |  |  |  |  | 9  |  |  |  |  |  |  | 10   |  |  |  |  |  |  | 11   |  |  |  |  |  |  | 12   |  |  |  |  |  |  |
|                                 |  |  |  |  |  |  |                                       |  |  |  |  |  |  | <b>Salmon Cakes W/ Dill Lemon Sauce</b><br>Sauteed Zucchini<br>Spiced Sweet Potatoes<br><i>Fruit or Juice</i>  |  |  |  |  |  |  | <b>Sweet and Sour Beef Meatballs</b><br>Mashed Potatoes<br>Steamed Carrots<br><i>Fruit or Juice</i>                |  |  |  |  |  |  | <b>Vegetarian TVP Bolognese W/ Pasta &amp; Homemade Tomato Sauce</b><br>Italian Cut Green Beans<br><i>Fruit or Juice</i> |  |  |  |  |  |  | <b>Roasted Chicken</b><br>Carrot Tzimmes<br>Potato Kugel<br><i>Fruit or Juice</i>                              |  |  |  |  |  |  | <b>Gefilte Fish</b><br>Corn, Black Bean and Pepper Salad<br>Red Cabbage Salad<br><i>Fruit or Juice</i> |  |  |  |  |  |  |
| <b>Baked Macaroni and Cheese</b><br>Steamed Carrots<br>Steamed Green Beans<br><i>Fruit or Juice</i>              |  |  |  |  |  |  | <b>Turkey Meatloaf</b><br>Braised Red Cabbage<br>Mashed Sweet Potatoes<br><i>Fruit or Juice</i>                        |  |  |  |  |  |  | <b>Teriyaki Baked Fish</b><br>Brown Rice<br>Oriental Blend Vegetables<br><i>Fruit or Juice</i>                 |  |  |  |  |  |  | <b>Pasta W/ Meat Sauce</b><br>Italian Blend Vegetables<br><i>Fruit or Juice</i>                                    |  |  |  |  |  |  | <b>Curry Chickpea Stew</b><br>White Rice<br>Zucchini Provencal<br><i>Fruit or Juice</i>                                  |  |  |  |  |  |  | <b>Baked Asian Style Honey Chicken</b><br>Italian Cut Green Beans<br>Roasted Potatoes<br><i>Fruit or Juice</i> |  |  |  |  |  |  | <b>Egg Salad</b><br>Macaroni and Pea Salad<br>Coleslaw<br><i>Fruit or Juice</i>                        |  |  |  |  |  |  |
| <b>Cheese Lasagna Rollups w/ Tomato Sauce</b><br>Steamed Carrots<br>Steamed Green Beans<br><i>Fruit or Juice</i> |  |  |  |  |  |  | <b>Chicken Patty Peppers and Onions</b><br>Brown Rice<br>Steamed Zucchini<br><i>Fruit or Juice</i>                     |  |  |  |  |  |  | <b>Baked Fish Oreganata</b><br>Rice Pilaf<br>Oriental Blend Vegetables<br><i>Fruit or Juice</i>                |  |  |  |  |  |  | <b>Swedish Meatballs with Beef</b><br>Kasha Varnishkes<br>Italian Blend Vegetables<br><i>Fruit or Juice</i>        |  |  |  |  |  |  | <b>Falafel</b><br>Jeera Rice<br>Roasted Beets<br><i>Fruit or Juice</i>   |  |  |  |  |  |  | <b>Lemon Chicken</b><br>Italian Cut Green Beans<br>Sauteed Sweet Potatoes<br><i>Fruit or Juice</i>             |  |  |  |  |  |  | <b>Salmon Salad</b><br>Corn, Black Bean and Pepper Salad<br>Red Cabbage Salad<br><i>Fruit or Juice</i> |  |  |  |  |  |  |
| <b>Cheese Blintzes</b><br>Steamed Carrots<br>Steamed Green Beans<br><i>Fruit or Juice</i>                        |  |  |  |  |  |  | <b>Stuffed Cabbage with Turkey</b><br>Toasted Barley with Mushrooms<br>Capri Blend Vegetables<br><i>Fruit or Juice</i> |  |  |  |  |  |  | <b>Baked Fish W/ Mustard Fish Sauce</b><br>Rice Pilaf<br>Braised Red Cabbage<br><i>Fruit or Juice</i>          |  |  |  |  |  |  | <b>Beef Stroganoff</b><br>Broccoli Souffle<br>Homemade Mashed Potatoes<br><i>Fruit or Juice</i>                    |  |  |  |  |  |  | <b>Mediterranean Lentil Stew</b><br>Roasted Butternut Squash<br>Steamed Green Beans<br><i>Fruit or Juice</i>             |  |  |  |  |  |  | <b>Roasted Chicken</b><br>Roasted Potatoes<br>Sauteed Zucchini<br><i>Fruit or Juice</i>                        |  |  |  |  |  |  | <b>Tuna Salad</b><br>Macaroni and Pea Salad<br>Coleslaw<br><i>Fruit or Juice</i>                       |  |  |  |  |  |  |
| <b>Baked Ziti with Cheese</b><br>Steamed Carrots<br>Steamed Green Beans<br><i>Fruit or Juice</i>                 |  |  |  |  |  |  | <b>Chicken Kotleti</b><br>Roasted Sweet Potato Slices<br>Steamed Green Beans<br><i>Fruit or Juice</i>                  |  |  |  |  |  |  | <b>Fish with Tomatoes and Herbs Sauteed Spinach</b><br>Brown Rice<br>Steamed Zucchini<br><i>Fruit or Juice</i> |  |  |  |  |  |  | <b>Beef Meatballs W/ Pasta &amp; Homemade Tomato Sauce</b><br>California Blend Vegetables<br><i>Fruit or Juice</i> |  |  |  |  |  |  | <b>California Veggie Burger Cuban Black Beans</b><br>Cous Cous<br>Steamed Carrots<br><i>Fruit or Juice</i>               |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |  |  |  |  |

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