***Russian Menu*** ***September***

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| --- | --- | --- | --- | --- |
| **Monday 2nd** | **Tuesday 3rd** | **Wednesday 4th** | **Thursday 5th** | **Friday 6th** |
| **Labor Day** | **Stuffed Cabbage**  **Roast Beets**  **Baked Potato**  **Whole Grain Bread**  **Apple**  **Milk**  **(cal) 813 (Na) 1107** | **Herb Seared Tilapia / Lemon Sauce**  **Steamed Rice**  **Squash Medley**  **Dinner Roll**  **Cake**  **Milk**  **(cal) 911 (Na) 825** | **Rotisserie Chicken**  **Steamed Cauliflower**  **Sweet Potato**  **Cookie**  **Whole Grain Bread**  **Milk**  **(cal) 845 (Na) 662** | **Cheese Blintz w/ Blueberry Sauce**  **Home Fries**  **Veggie Sausage**  **Peaches**  **Dinner Roll**  **Milk**  **(cal) 807 (Na) 945** |
| **Monday 9th** | **Tuesday 10th** | **Wednesday 11th** | **Thursday 12th** | **Friday 13th** |
| **Beef Stew**  **Green Beans**  **Polenta**  **Pear**  **Milk**  **(cal) 989 (Na) 863** | **Apple Stuffed Chicken**  **Baked Potato**  **Peas and Onions**  **Pineapple**  **Whole Grain Bread**  **Milk**  **(cal) 804 (Na) 692** | **Beef Knish**  **Steamed Rice**  **Roast Beets**  **Dinner Roll**  **Apple Sauce**  **Milk**  **(cal) 966 (Na) 632** | **Kotleti (Chicken Patty with Gravy)**  **Vegetable Potato Medley**  **Cookie**  **Dinner Roll**  **Milk**  **(cal) 1066 (Na) 963** | **Vegetable Quiche**  **Roast Potato**  **Fruit Cup**  **Dinner Roll**  **Milk**  **(cl) 787 (Na) 903** |
| **Monday 16h** | **Tuesday 17th** | **Wednesday 18th** | **Thursday 19th** | **Friday 20th** |
| **Chicken Marsala**  **Roasted Potato**  **Steamed Broccoli**  **Dinner Roll**  **Jello**  **Milk**  **(cal) 856 (Na) 740** | **Baked Cod**  **Rice Pilaf**  **Asparagus**  **Whole Grain Bread**  **Cake/Fruit Cup**  **Milk**  **(cal) 892 (Na) 1353** | **Stuffed Shells**  **Marinara Sauce**  **Steamed Spinach**  **Pudding**  **Dinner Roll**  **Milk**  **(cal) 938 (Na) 954** | **Meatloaf with Gravy**  **Mashed Potato**  **Green Beans**  **Banana**  **Whole Grain Bread**  **Milk**  **(cal) 862 (Na) 640** | **Chicken Kiev**  **Braised Cabbage**  **Sweet Potato**  **Clementine**  **Dinner Roll**  **Milk**  **(cal) 793 (Na) 935** |
| **Monday 23rd** | **Tuesday 24th** | **Wednesday 25th** | **Thursday 26th** | **Friday 27th** |
| **Meatball Stroganoff**  **Egg Noodles**  **Steamed Carrots**  **Fruit Cup**  **Dinner Roll**  **Milk**  **(cal) 815 (Na) 691** | **Herb Roast Chicken**  **Corn and Peppers**  **Roast Potato**  **Pear**  **Whole Grain Bread**  **Milk**  **(cal) 821 (Na) 1050** | **Beef Kabob**  **Sweet Potato**  **Roast Vegetables**  **Dinner Roll**  **Jello**  **Milk**  **(cal) 826 (Na) 615** | **Dill Poached Salmon**  **Steamed Rice**  **Spinach**  **Orange**  **Whole Grain Bread**  **Milk**  **(cal) 702 (Na) 519** | **Macaroni and Cheese**  **Peas and Onions**  **Mixed Fruit**  **Dinner Roll**  **Milk**  **(cal) 909 (Na) 1343** |
| **Monday 30th** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Chicken Cacciatore**  **Egg Noodles**  **Dinner Roll**  **Fruit Cup**  **Milk** |  |  |  |  |

**(cal) 829(Na) 653**