***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**