

# Kosher Menu

# October

Monday	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
	Rotisserie Chicken Steamed Cauliflower Sweet Potato Cookie Whole Grain Bread (cal) 743 (Na) 554	Herb Seared Tilapia / Lemon Sauce Steamed Rice Squash Medley Dinner Roll Cake (cal) 809 (Na) 717	Chicken Pot Pie Steamed Carrots Whole Grain Bread Orange (cal) 728 (Na) 747	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Challah Bread (cal) 737 (Na) 875
Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th
Stuffed Cabbage Asparagus Baked Potato Fruit Cup Dinner Roll (cal) 776 (Na) 1086	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread (cal) 828 (Na) 802	Beef Knish Steamed Rice Roast Beets Dinner Roll Apple Sauce (cal) 864 (Na) 524	Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Jello Dinner Roll (cal) 964 (Na) 856	Pasta Primavera Veggie Crumble, Vegetables in a garlic wine sauce tossed with Penne Pears and Fruit Cup Challah Bread (cal) 730 (Na) 675
Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
Columbus Day	Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake and Fruit Cup (cal) 790 (Na) 1246	Chicken Stir Fry Chicken and Vegetables Sauteed with lo mein noodles Orange Dinner Roll (cal) 733 (Na) 452	Herb Roast Chicken Corn Roast Sweet Potato Fruit Cup Whole Grain Bread (cal) 701 (Na) 842	Meatloaf w/Gravy Mashed Potato Peas and Onions Challah Bread Apple Sauce (cal) 748 (Na) 537
Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th
Meatball Stroganoff Egg Noodles Steamed Carrots Fruit Cup Dinner Roll (cal) 713 (Na) 583	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp (cal) 890 (Na) 932	Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Jello (cal) 724 (Na) 700	Dill Poached Salmon Steamed Rice Spinach Orange and Cake Whole Grain Bread (cal) 794 (Na) 630	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Challah Bread (cal) 920 (Na) 1002
Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday
Chicken Cacciatore Egg Noodles Dinner Roll Peaches (cal) 726 (Na) 573	Vegetable Quiche Roast Potato Fruit Cup Challah Bread (cal) 707 (Na) 769	Chicken Marsala Steamed Rice Steamed Broccoli Dinner Roll, Jello (cal) 718 (Na) 450	Beef Stew Mashed Potato Dinner Roll Orange (cal) 764 (Na) 693	