

Russian Menu

October

Monday	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
	Rotisserie Chicken Steamed Cauliflower Sweet Potato Cookie Whole Grain Bread, Milk (cal) 845 (Na) 662	Herb Seared Tilapia / Lemon Sauce Steamed Rice Squash Medley Dinner Roll Cake, Milk (cal) 911 (Na) 825	Chicken Pot Pie Steamed Carrots Whole Grain Bread Pear Milk (cal) 758 (Na) 794	Cheese Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Dinner Roll, Milk (cal) 807 (Na) 945
Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th
Stuffed Cabbage Asparagus Baked Potato Dinner Roll Fruit Cup Milk (cal) 758 (Na) 1141	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread Milk (cal) 930 (Na) 909	Beef Knish Steamed Rice Roast Beets Dinner Roll Apple Sauce Milk (cal) 966 (Na) 632	Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Cookie and Fruit Cup Whole Grain Bread Milk (cal) 1066 (Na) 963	Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll Milk (cal) 736 (Na) 1053
Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
Columbus Day	Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake/Fruit Cup Milk (cal) 892 (Na) 1353	Macaroni and Cheese Grilled Peppers and Onions Orange Dinner Roll Milk (cal) 754 (Na) 854	Herb Roast Chicken Corn Roast Sweet Potato Fruit Cup Whole Grain Bread Milk (cal) 774 (Na) 917	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Apple Sauce Milk (cal) 843 (Na) 696
Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th
Meatball Stroganoff Egg Noodles Steamed Carrots Fruit Cup Dinner Roll Milk (cal) 815 (Na) 691	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp Milk (cal) 993 (Na) 1039	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	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Dinner Roll Milk (cal) 990 (Na) 1072
Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday
Chicken Cacciatore Egg Noodles Dinner Roll Peaches Milk (cal) 799 (Na) 648	Vegetable Quiche Potato Vegetable Medley Fruit Cup Whole Grain Bread Milk (cal) 809 (Na) 877	Chicken Marsala Steamed Rice Steamed Broccoli Dinner Roll Jello, Milk (cal) 820 (Na) 558	Beef Stew Mashed Potato Dinner Roll Orange Milk (cal) 866 (Na) 801	