

# Kosher Menu

# November

Monday	Tuesday	Wednesday 1st	Thursday 2nd	Friday 3rd
		<b>Apple Stuffed Chicken w/Gravy</b> <b>Green Beans</b> <b>Mashed Potato</b> <b>Dinner Roll</b> <b>Pears</b> (cal) 726 (Na) 767	<b>Blueberry Blintz w/ Blueberry Sauce</b> <b>Home fries Peppers and Onions</b> <b>Veggie Patties</b> <b>Whole Grain Bread</b> <b>Pineapple</b> (cal) 875 (Na) 956	<b>Chicken Schnitzel with Gravy</b> <b>Sweet Potato</b> <b>Zucchini</b> <b>Challah Bread</b> <b>Apple Sauce</b> (cal) 882 (Na) 1074
Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
<b>Meatball Stroganoff</b> <b>Egg Noodles</b> <b>Roast Carrots</b> <b>Dinner Roll</b> <b>Clementine</b> (cal) 719 (Na) 723	<b>Kotleti</b> <b>Chicken Patty with Gravy</b> <b>Roast Beets and Baked Potato</b> <b>Whole Grain Bread</b> <b>Cookie</b> (cal) 1021 (Na) 871	<b>Herb Salmon w/ Lemon Sauce</b> <b>Mashed Sweet Potato</b> <b>Cauliflower</b> <b>Dinner Roll</b> <b>Peaches</b> (cal) 743 (Na) 427	<b>Baked Macaroni and Cheese</b> <b>Roast Tomato</b> <b>Whole Grain Bread</b> <b>Pudding</b> (cal) 723 (Na) 1020	<b>Veterans Day</b>
Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
<b>Beef Knish</b> <b>Kasha Vanishka</b> <b>Broccoli</b> <b>Dinner Roll</b> <b>Fruit Cup</b> (cal) 1052 (Na) 721	<b>Rotisserie Chicken</b> <b>Baked Sweet Potato</b> <b>Mixed Vegetables</b> <b>Whole Grain Bread</b> <b>Banana</b> (cal) 811 (Na) 648	<b>Lemon Dill Cod</b> <b>Rice Pilaf</b> <b>Summer Squash</b> <b>Dinner Roll</b> <b>Mixed Fruit</b> (cal) 1008 (Na) 773	<b>Beef Stew</b> <b>Mashed Potato</b> <b>Whole Grain Bread</b> <b>Jello</b> (cal) 818 (Na) 779	<b>Chicken Cacciatore</b> <b>Steamed Rice</b> <b>Challah Bread</b> <b>Cookie</b> (cal) 717 (Na) 598
Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
<b>Meatloaf with Gravy</b> <b>Mashed Sweet Potato</b> <b>Acorn Squash</b> <b>Dinner Roll</b> <b>Orange</b> (cal) 788 (Na) 600	<b>Chicken Marsala</b> <b>Baked Potato</b> <b>Steamed Carrots</b> <b>Whole Grain Bread</b> <b>Pears</b> (cal) 730 (Na) 594	<b>Carved Turkey with Gravy</b> <b>Green Beans</b> <b>Mashed Potato</b> <b>Dinner Roll</b> <b>Apple Crisp</b> (cal) 836 (Na) 887	<b>Happy Thanksgiving</b>	<b>Salmon Cake</b> <b>Steamed Rice</b> <b>Spinach</b> <b>Challah Bread</b> <b>Pudding</b> (cal) 771 (Na) 698
Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday
<b>Apricot Chicken</b> <b>Roast Potato</b> <b>Asparagus</b> <b>Dinner Roll</b> <b>Cake</b> (cal) 794 (Na) 971	<b>Beef and Macaroni</b> <b>Steamed Broccoli</b> <b>Whole Grain Bread</b> <b>Banana</b> (cal) 712 (Na) 622	<b>Fish Casserole</b> <b>Mixed Vegetables</b> <b>Steamed Rice</b> <b>Dinner Roll</b> <b>Cake</b> (cal) 723 (Na) 1177	<b>Potato Perogi with Veggie Sausage</b> <b>Pepper and Onion</b> <b>Roast Potato</b> <b>Whole Grain Bread</b> <b>Pineapple</b> (cal) 821 (Na) 1086	