

Russian Menu

December

Monday	Tuesday	Wednesday	Thursday	Friday 1st
				Apple Stuffed Chicken w/ Gravy Green Beans Mashed Potatoes Dinner Roll Pears Milk (cal) 716 (Na) 686
Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
Meatball Stroganoff Egg Noodles Roast Carrots Dinner Roll Clementine Milk (cal) 792 (Na) 798	Kotleti Chicken Patty with Gravy Roast Beets and Baked Potato Whole Grain Bread Fruit Cup Milk (cal) 1124 (Na) 978	Herb Salmon w/ Lemon Sauce Mashed Sweet Potato Cauliflower Dinner Roll Peaches Milk (cal) 845 (Na) 534	Baked Macaroni and Cheese Roast Tomato Whole Grain Bread Pudding Milk (cal) 825 (Na) 1127	Chicken Schnitzel with Gravy Sweet Potato Zucchini Dinner Roll Cookie Milk (cal) 952 (Na) 1144
Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
Beef Knish Kasha Vanishka Broccoli Dinner Roll Fruit Cup Milk (cal) 1154 (Na) 828	Rotisserie Chicken Baked Sweet Potato Mixed Vegetables Whole Grain Bread Cake Milk (cal) 1004 (Na) 972	Lemon Dill Cod Rice Pilaf Summer Squash Dinner Roll Mixed Fruit Milk (cal) 1140 (Na) 913	Beef Stew Mashed Potato Whole Grain Bread Jello Milk (cal) 921 (Na) 887	Chicken Cacciatore Steamed Rice Dinner Roll Peaches Milk (cal) 729 (Na) 604
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
Meatloaf with Gravy Roast Vegetables Acorn Squash Dinner Roll Orange Milk (cal) 891 (Na) 707	Chicken Marsala Baked Potato Steamed Carrots Whole Grain Bread Pears Milk (cal) 832 (Na) 702	Carved Turkey with Gravy Green Beans Mashed Potato Dinner Roll Apple Crisp Milk (cal) 990 (Na) 943	Cheese Blintz Blueberry Sauce Home fries, Peppers and Onions Veggie Patties Whole Grain Bread Pineapple Milk (cal) 978 (Na) 1064	Salmon Cake Steamed Rice Spinach Dinner Roll Pudding Milk (cal) 842 (Na) 768
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Merry Christmas	Beef and Macaroni Steamed Broccoli Whole Grain Bread Apple Sauce Milk (cal) 757 (Na) 730	Fish Casserole Mixed Vegetables Steamed Rice Dinner Roll Cake Milk (cal) 767 (Na) 1220	Potato Perogi with Veggie Sausage Pepper and Onion Roast Potato Whole Grain Bread Jello Milk (cal) 938 (Na) 1207	Apricot Chicken Roast Potato Asparagus Dinner Roll Brownie Milk (cal) 1051 (Na) 1000