

Russian Menu

June

Monday	Tuesday	Wednesday	Thursday 1st	Friday 2nd
			Chicken Croquette w/ Gravy Roast Potato Vegetable Medley Whole Grain Bread Pudding Milk (cal) 882 (Na) 927	Beef and Macaroni Steamed Broccoli Dinner Roll Orange Milk (cal) 755 (Na) 657
Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
Cranberry Chicken Salad on Bulkie Roll Sliced Tomato Russian Potato Salad Banana Milk (cal) 1027 (Na) 1012	Pasta Primavera Green Beans Whole Grain Bread Cake Milk (cal) 997 (Na) 1032	Apricot Chicken Roast Cauliflower Garlic Potato Dinner Roll Peaches Milk (cal) 790 (Na) 955	Beef Kabob Roast Vegetables Rice Pilaf Whole Grain Bread Orange Milk (cal) 741 (Na) 606	Cheese Blintz Blueberry Sauce Home fries, Peppers and Onions Veggie Patties Dinner Roll Fruit Cup Milk (cal) 1027 (Na) 1231
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
Beef Knish Kasha Vanishka Broccoli Dinner Roll Apple Sauce Milk (cal) 1122 (Na) 821	Rotisserie Chicken W/Gravy Baked Sweet Potato Roast Summer Squash Whole Grain Bread Banana Milk (cal) 938 (Na) 752	Salisbury Steak with Gravy Carrots Steamed Rice Dinner Roll Pudding Milk (cal) 892 (Na) 883	Kotleti Chicken Patty with Gravy Roast Beets and Baked Potato Whole Grain Bread Orange Milk (cal) 1115 (Na) 968	Garden Salad with Salmon Salad Italian Dressing Side of Potato Salad Dinner Roll Jello Milk (cal) 786 (Na) 610
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
	Meatball Stroganoff Mashed Potato Steamed Carrots Whole Grain Bread Orange Milk (cal) 702 (Na) 859	Vegetable Chili with Cheddar Cheese Broccoli Dinner Roll Banana Milk (cal) 724 (Na) 1032	Herb Salmon w/ Lemon Sauce Mashed Sweet Potato Roast Peppers Whole Grain Bread Peaches Milk (cal) 890 (Na) 589	Chicken Schnitzel / Gravy Steamed Rice Braised Cabbage Dinner Roll Cookie Milk (cal) 1044 (Na) 1167
Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
Turkey and Cheese Wrap w/ lettuce and tomato Pasta Salad Dinner Roll Apple (cal) 871 (Na) 1257	Baked Macaroni and Cheese Steamed Broccoli Cake Whole Grain Bread Milk (cal) 826 (Na) 1103	Chicken Marbella Roast Potato Asparagus Dinner Roll Pear Milk (cal) 772 (Na) 870	Baked Cod Steamed Rice Steamed Carrots Whole Grain Bread Fruit Cup Milk (cal) 777 (Na) 1096	Vegetable Quiche Homefries Steamed Spinach Dinner Roll Peaches Milk (cal) 760 (Na) 772