

# Russian Menu

# March

Monday	Tuesday	Wednesday 1st	Thursday 2nd	Friday 3rd
		<b>Beef pelmeni with caramelized onions and butter sauce</b> <b>Green Beans</b> <b>Dinner Roll</b> <b>Banana</b> <b>Milk</b> <b>(cal) 817 (Na) 617</b>	<b>Baked Cod</b> <b>Steamed Rice</b> <b>Steamed Carrots</b> <b>Whole Grain Bread</b> <b>Fruit Cup</b> <b>Milk</b> <b>(cal) 717 (Na) 1037</b>	<b>Carved Turkey</b> <b>Mashed Sweet Potato</b> <b>Vegetable Medley</b> <b>Dinner Roll</b> <b>Orange</b> <b>Milk</b> <b>(cal) 764 (Na) 542</b>
Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
<b>Chicken Salad on Bulkie Roll Sliced Tomato</b> <b>Potato Salad</b> <b>Dinner Roll</b> <b>Pudding</b> <b>Milk</b> <b>(cal) 848 (Na) 961</b>	<b>Grilled Swordfish Lemon Sauce</b> <b>Green Beans</b> <b>Cous Cous</b> <b>Whole Grain Bread</b> <b>Cake</b> <b>Milk</b> <b>(cal) 1080 (Na) 1137</b>	<b>Macaroni Po Flotski</b> <b>Beef and Onions with Gravy, Pasta and Braised Cabbage</b> <b>Dinner Roll</b> <b>Peaches</b> <b>Milk</b> <b>(cal) 793 (Na) 684</b>	<b>Stuffed Cabbage</b> <b>Roast Tomato</b> <b>Roast Potato</b> <b>Whole Grain Bread</b> <b>Cookie</b> <b>Milk</b> <b>(cal) 845 (Na) 1352</b>	<b>Herb Grilled Chicken with Mushroom Gravy</b> <b>Rice Pilaf and Roast Carrots</b> <b>Dinner Roll</b> <b>Fruit Cup</b> <b>Milk</b> <b>(cal) 812 (Na) 710</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>Apple Sauce</b> <b>Milk</b> <b>(cal) 1122 (Na) 821</b>	<b>Rotisserie Chicken W/Gravy</b> <b>Baked Sweet Potato</b> <b>Roast Summer Squash</b> <b>Whole Grain Bread</b> <b>Banana</b> <b>Milk</b> <b>(cal) 938 (Na) 752</b>	<b>Brisket with Gravy</b> <b>Cauliflower</b> <b>Roast Potato</b> <b>Dinner Roll</b> <b>Cake</b> <b>Milk</b> <b>(cal) 1029 (Na) 780</b>	<b>Kotleti</b> <b>Chicken Patty with Gravy</b> <b>Roast Beets and Baked Potato</b> <b>Whole Grain Bread</b> <b>Orange</b> <b>Milk</b> <b>(cal) 1115 (Na) 968</b>	<b>Salisbury Steak with Gravy</b> <b>Carrots</b> <b>Steamed Rice</b> <b>Dinner Roll</b> <b>Pudding</b> <b>Milk</b> <b>(cal) 892 (Na) 883</b>
Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
<b>Beef &amp; Eggplant Ragu</b> <b>Steamed Spinach</b> <b>Dinner Roll</b> <b>Jello</b> <b>Milk</b> <b>(cal) 772 (Na) 753</b>	<b>Salmon Cakes w/ Lemon Sauce</b> <b>Mashed Sweet Potato</b> <b>Roast Peppers</b> <b>Whole Grain Bread</b> <b>Peaches</b> <b>Milk</b> <b>(cal) 994 (Na) 832</b>	<b>Apple Stuffed Chicken /Gravy</b> <b>Roast Potato</b> <b>Asparagus</b> <b>Dinner Roll</b> <b>Fruit Cup</b> <b>Milk</b> <b>(cal) 824 (Na) 829</b>	<b>Glazed Meatloaf w/gravy</b> <b>Mashed Potato</b> <b>Steamed Carrots</b> <b>Whole Grain Bread</b> <b>Orange</b> <b>Milk</b> <b>(cal) 771 (Na) 853</b>	<b>Chicken Cutlet / Gravy</b> <b>Steamed Rice</b> <b>Braised Cabbage</b> <b>Dinner Roll</b> <b>Cookie</b> <b>Milk</b> <b>(cal) 913 (Na) 993</b>
Monday 27th	Tuesday 28th	Wednesday 29 <sup>th</sup>	Thursday 30 <sup>th</sup>	Friday 31 <sup>st</sup>
<b>Cheese Blintz</b> <b>Home fries, Peppers and Onions</b> <b>Veggie Patties</b> <b>Dinner Roll</b> <b>Fruit Cup</b> <b>Milk</b> <b>(cal) 904 (Na) 1086</b>	<b>Chicken Marsala</b> <b>Quinoa</b> <b>Mixed Vegetables</b> <b>Whole Grain Bread</b> <b>Peaches</b> <b>Milk</b> <b>(cal) 816 (Na) 678</b>	<b>Pot Roast</b> <b>Mashed Potato</b> <b>Green Beans</b> <b>Cake</b> <b>Dinner Roll</b> <b>Milk</b> <b>(cal) 724 (Na) 686</b>	<b>Roast Chicken</b> <b>Cauliflower</b> <b>Roast Potato</b> <b>Whole Grain Bread</b> <b>Pudding</b> <b>Milk</b> <b>(cal) 811 (Na) 771</b>	<b>Cod Cakes w/ Lemon Sauce</b> <b>Sweet Potato</b> <b>Mixed Vegetables</b> <b>Dinner Roll</b> <b>Banana</b> <b>Milk</b> <b>(cal) 876 (Na) 786</b>