

Russian Menu

March

Monday	Tuesday	Wednesday	Thursday	Friday 1st
				Russian Style Mac and Cheese Roast Broccoli Chocolate Macaroon Dinner Roll Milk (cal) 703 (Na) 706
Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
Chicken Piroshki Braised Cabbage Potato Pancake Pear Dinner Roll Milk (cal) 895 (Na) 1006	Beef Stroganoff Egg Noodles Steamed Carrots Fruit Cup Whole Grain Bread Milk (cal) 841 (Na) 753	Herb Crusted Tilapia Squash Medley Steamed Rice Pound Cake Dinner Roll Milk (cal) 765 (Na) 698	Cheese Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Whole Grain Bread Milk (cal) 832 (Na) 1016	Kotleti (Chicken Patty with Gravy) Roast Beets Baked Sweet Potato Orange Dinner Roll Milk (cal) 1117 (Na) 986
Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
Cod Cakes w/ Lemon Sauce Rice Pilaf Asparagus Apple Sauce Dinner Roll Milk (cal) 832 (Na) 825	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Whole Grain Bread Milk (cal) 804 (Na) 674	Beef and Macaroni Steamed Cauliflower Marble Cake Dinner Roll Milk (cal) 918 (Na) 883	Rotisserie Chicken Vegetable Potato Medley Fruit Cup Whole Grain Bread Milk (cal) 725 (Na) 554	Brisket Cabbage Boiled Potato Pudding Dinner Roll Milk (cal) 970 (Na) 667
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
Chicken Schnitzel with Gravy Sweet Potato Steamed Broccoli Peaches Dinner Roll Milk (cal) 818 (Na) 731	Dill Poached Salmon Steamed Rice Brussel Sprouts Cookie Whole Grain Bread Milk (cal) 834 (Na) 580	Meatloaf with Gravy Mashed Potato Green Beans Banana Dinner Roll Milk (cal) 837 (Na) 550	Chicken Kiev Roast Beets Rice Pilaf Clementine Whole Grain Bread Milk (cal) 791 (Na) 963	Beef Pelmini Caramelized Onion and Mushrooms Roast Potato Fruit Cup Dinner Roll Milk (cal) 995 (Na) 873
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Beef Knish Mashed Potato Peas and Onions Orange Dinner Roll Milk (cal) 910 (Na) 633	Baked Mac and Cheese Roast Tomato Peaches Whole Grain Bread Milk (cal) 735 (Na) 992	Apricot Chicken Steamed Rice Zucchini Pears Dinner Roll Milk (cal) 713 (Na) 758	Baked Haddock Roast Potato Cauliflower Apple Whole Grain Bread Milk (cal) 731 (Na) 1171	Stuffed Cabbage Steamed Carrots Baked Potato Jello Dinner Roll Milk (cal) 719 (Na) 1038
