

Russian Menu

May

Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
Beef pelmeni with caramelized onions and butter sauce Green Beans Dinner Roll Banana Milk (cal) 817 (Na) 617	Baked Cod Steamed Rice Steamed Carrots Whole Grain Bread Fruit Cup Milk (cal) 717 (Na) 1037	Vegetable Quiche Noodle Kugel Steamed Spinach Dinner Roll Pears Milk (cal) 1067 (Na) 1181	Citrus Chicken Roast Potato Vegetable Medley Whole Grain Bread Pudding Milk (cal)741 (Na)756	Beef and Macaroni Steamed Broccoli Dinner Roll Orange Milk (cal) 916 (Na) 754
Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
Cranberry Chicken Salad on Bulkie Roll Sliced Tomato Russian Potato Salad Banana Milk (cal) 1027 (Na) 1012	Grilled Swordfish Lemon Sauce Green Beans Cous Cous Whole Grain Bread Cake Milk (cal) 1080 (Na) 1127	Apricot Chicken Roast Cauliflower Garlic Potato Dinner Roll Peaches Milk (cal) 790 (Na) 955	Beef Burgundy Roast Carrots Whole Grain Bread Orange Milk (cal) 722 (Na) 832	Cheese Blintz Blueberry Sauce Home fries, Peppers and Onions Veggie Patties Dinner Roll Fruit Cup Milk (cal) 996 (Na) 1228
Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
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 Dinner Roll Jello Milk (cal) 786 (Na) 610
Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
Roast Beef Wrap w/ lettuce tomato and cheese Pasta Salad Dinner Roll Fruit Cup (cal)941 (Na)1288	Herb Salmon w/ Lemon Sauce Mashed Sweet Potato Roast Peppers Whole Grain Bread Peaches Milk (cal) 890 (Na) 589	Vegetable Chili with Cheddar Cheese Broccoli Dinner Roll Banana Milk (cal) 724 (Na) 1032	Meatball Stroganoff Mashed Potato Steamed Carrots Whole Grain Bread Orange Milk (cal) 703 (Na) 960	Chicken Schnitzel / Gravy Steamed Rice Braised Cabbage Dinner Roll Cookie Milk (cal) 913 (Na) 993
Monday 29th	Tuesday 30th	Wednesday 31st		
Memorial Day	Pasta Broccoli Alfredo Roasted Tomatoes Whole Grain Bread Cake Milk (cal) 981 (Na) 889	Chicken Kiev /Gravy Roast Potato Asparagus Dinner Roll Pear Milk (cal) 782 (Na) 1006		