

Russian Menu

November

Monday	Tuesday	Wednesday 1st	Thursday 2nd	Friday 3rd
		Apple Stuffed Chicken w/ Gravy Green Beans Mashed Potatoes Dinner Roll Pears Milk (cal) 716 (Na) 686	Cheese Blintz Blueberry Sauce Home fries, Peppers and Onions Veggie Patties Whole Grain Bread Pineapple Milk (cal) 978 (Na) 1064	Chicken Schnitzel with Gravy Sweet Potato Zucchini Dinner Roll Orange Milk (cal) 952 (Na) 1144
Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
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	Veterans Day
Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
Beef Knish Kasha Vanishka Broccoli Dinner Roll Fruit Cup Milk (cal) 1154 (Na) 828	Rotisserie Chicken Baked Sweet Potato Mixed Vegetables Whole Grain Bread Banana Milk (cal) 914 (Na) 755	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 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
Meatloaf with Gravy Mashed Sweet Potato 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	Happy Thanksgiving	Salmon Cake Steamed Rice Spinach Dinner Roll Pudding Milk (cal) 842 (Na) 768
Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday
Apricot Chicken Roast Potato Asparagus Dinner Roll Apple Sauce Milk (cal) 749 (Na) 862	Beef and Macaroni Steamed Broccoli Whole Grain Bread Banana Milk (cal) 814 (Na) 729	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 Pineapple Milk (cal) 924 (Na) 1193	