

Russian Menu

November

Monday	Tuesday 1 st	Wednesday 2 nd	Thursday 3 rd	Friday 4 th
	Stuffed Peppers Broccoli Mashed Potato Whole Grain Bread Fruit Cup Milk	Baked Salmon w/ Lemon Sauce Green Beans Cous Cous Dinner Roll Cake Milk	Cheese Blintz Blueberry Sauce Home fries and Peppers and Onions Whole Grain Bread Pears Milk	Beef pelmeni with caramelized onions and butter sauce Mixed Vegetable Dinner Roll Banana Milk
Monday 7 th	Tuesday 8 th	Wednesday 9 th	Thursday 10 th	Friday 11 th
Baked Cod Steamed Rice Steamed Carrots Dinner Roll Apple Sauce Milk	Pot Roast w Gravy Mashed Potato Asparagus Whole Grain Bread Peaches Milk	Grilled Chicken Sausage Rice Pilaf Roast Zucchini Dinner Roll Fruit Cup Milk	Macaroni Po Flotski Beef and Onions with Gravy, Pasta and Braised Cabbage Whole Grain Bread Cake Milk	Veterans Day
Monday 14 th	Tuesday 15 th	Wednesday 16 th	Thursday 17 th	Friday 18 th
Stuffed Cabbage Roast Tomato Roast Potato Dinner Roll Pears Milk	Herb Grilled Chicken with Mushroom Gravy Rice Pilaf and Roast Carrots Whole Grain Bread Pudding Milk	Beef Knish Kasha Vanishka Broccoli Dinner Roll Honey Cake Milk	Cod Cakes w/ Lemon Sauce Sweet Potato Mixed Vegetables Whole Grain Bread Banana Milk	Kurnik (Chicken pie) Peas and Onions Dinner Roll Orange Milk
Monday 21 st	Tuesday 22 nd	Wednesday 23 rd	Thursday 24 th	Friday 25 th
Brisket with Gravy Green Beans Roast Potato Cake Dinner Roll Milk	Salmon Cakes w/ Lemon Sauce Mashed Sweet Potato Roast Peppers Whole Grain Bread Peaches Milk	Roast Turkey/ Gravy Mashed Potato Butternut Squash Cranberry Sauce Dinner Roll Apple Crisp Milk	Thanksgiving	Rotisserie Chicken W/Gravy Roasted Cauliflower Steamed Rice Whole Grain Roll Cookie Milk
Monday 28 th	Tuesday 29 th	Wednesday 30 th		
Kotleti Chicken Patty with Gravy Roast Beets and Baked Potato Dinner Roll Pears Milk	Glazed Meatloaf w/gravy Mashed Potato Steamed Carrots Whole Grain Roll Orange Milk	Chicken Marsala Quinoa Mixed Vegetables Dinner Roll Jello Milk		