

May Kosher Home Delivered Menu

Menu written by: Dan Kaminski Menu Approval: *Ann Stabbeber, MS, RDN, LD*

Each meal is served with 8 oz Milk

Tuesday	Wednesday	Thursday	Friday	Saturday
			May 1	May 2
			Beef with buckwheat and vegetables (3oz beef, ½ cup vegetables, ½ buckwheat) Green salad (1 cup) Salad Dressing 1 pc Cookie 1oz Orange medium	Grilled chicken 3oz Israeli couscous 1 cup Eggplant in tomato sauce ½ cup eggplant ½ cup tomato sauce Apple sauce 4oz Whole wheat bread 2oz Margarine 1pc
May 5	May 6	May 7	May 8	May 9
Cobb Salad 1 cup spring mix, 1 cup fresh vegetables, 2 oz chicken Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz	Spaghetti and meatballs 1 cup pasta whole wheat, 3oz meatballs, ½ cup marinara Cabbage salad 1 cup Apple medium	Crispy chicken 3oz Buckwheat and vegetables ½ cup buckwheat 1 cup veggies Whole wheat bread 2oz Fruit cup 1 cup	Stuffed pepper ½ medium pepper, ½ cup rice, 3oz ground beef Cucumber salad 1 cup Orange medium Oatmeal cookie 2oz	BBQ Chicken 3oz Whole Rice with carrot (1 cup rice, ½ cup carrot) Fattoush 1 cup Apple sauce 4oz
May 12	May 13	May 14	May 15	May 16
Grilled chicken salad (1 cup spring mix, 1 cup fresh vegetables, 3 oz chicken) Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz Margarine 1pc	Arrais 3oz ground beef, 2oz whole wheat pita, ½ cup veggies Carrot salad 1 cup Apple 1 medium	Chicken cacciatore 3oz chicken, ½ cup veggies Majadra 1 cup rice ½ cup lentil Whole wheat bread 2oz Fruit cup 1 cup	Stewed cabbage 3oz beef, 1 cup cabbage Tomato salad ½ cup Orange medium Oatmeal cookie 2oz	Baked Chicken 3oz Three color pasta and Grilled vegetables (1 cup pasta, 1 cup vegetables) Apple sauce 4oz
May 19	May 20	May 21	May 22	May 23
Chicken Ceasar Salad 1 cup spring mix, 1 cup fresh vegetables, 2 oz WG croutons, 3oz chicken Salad Dressing 1 pc Fruit Juice 4oz	Plov (3 oz beef, ½ cup rice, ½ cup vegetables) Israeli salad 1 cup Apple medium Whole wheat bread 2oz Margarine 1pc	Crispy chicken (3oz) Quinoa salad ½ cup quinoa 1 cup veggies (cooked) Whole wheat bread 1oz Margarine 1 PC Fruit cup 1 cup	Beef Stroganoff 3 oz beef 1 cup whole wheat pasta Roasted mushroom onion 1 cup Orange medium Shavuot mini crumble cake	Chicken 4 oz Potato 1 cup Pasta salad 1 cup Apple sauce 4oz Whole wheat bread 2oz
May 26	May 27	May 28	May 29	May 30
Chickpea salad 1 cup fresh vegetables) Grilled Chicken 2 oz Roasted Yams ½ cup Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz	Beef 3oz ground beef Kasha ½ buckwheat, ½ cup pasta Corn salad 1 cup Apple Medium	General Tso's chicken 3oz chicken Brown Rice 1 cup Vegetable stir fry 1 cup Fruit cup 1 cup	BBQ pulled beef 3 oz Couscous 1 cup Cooked vegetables 1 cup Orange medium Oatmeal cookie 2oz	Chicken leg 4oz Peas ½ cup Potato Bureka ½ cup potato 3 oz grain Apple sauce 4oz WG flatbread 1oz

Alternate meal available daily: **Falafel** (3 oz), **Pita** 2 oz, 1 cup **spring mix salad**, ½ c **hummus**, 1 **fruit**, and **milk** 8 oz