

## September Kosher Home Delivered Menu

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

Each meal is served with 8 oz Milk

| Tuesday                                                                                                                                                                                           | Wednesday                                                                                                                                                          | Thursday                                                                                                                                                                      | Friday                                                                                                                                                 | Saturday                                                                                                                                         |
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| <b>Sep 1</b>                                                                                                                                                                                      | <b>Sep 2</b>                                                                                                                                                       | <b>Sep 3</b>                                                                                                                                                                  | <b>Sep 4</b>                                                                                                                                           | <b>Sep 5</b>                                                                                                                                     |
| <b>Cobb Salad</b> 1 cup spring mix, 1 cup fresh vegetables, 2 oz chicken<br><b>Salad Dressing</b> 1 pc<br><b>Fruit Juice</b> 4oz<br><b>Whole wheat bread</b> 2oz                                  | <b>Spaghetti and meatballs</b> 1 cup pasta whole wheat, 3oz meatballs, ½ cup marinara<br><b>Cabbage salad</b> 1 cup<br><b>Apple</b> medium                         | <b>Crispy chicken</b> 3oz<br><b>Buckwheat and vegetables</b> ½ cup buckwheat 1 cup veggies<br><b>Whole wheat bread</b> 2oz<br><b>Margarine</b> 1 PC<br><b>Fruit cup</b> 1 cup | <b>Stuffed pepper</b> ½ medium pepper, ½ cup rice, 3oz ground beef<br><b>Cucumber salad</b> 1 cup<br><b>Orange</b> medium<br><b>Oatmeal cookie</b> 2oz | <b>BBQ Chicken</b> 3oz<br><b>Brown Rice with carrot</b> (1 cup rice, ½ cup carrot)<br><b>Fattoush</b> 1 cup<br><b>Apple sauce</b> 4oz            |
| <b>Sep 8</b>                                                                                                                                                                                      | <b>Sep 9</b>                                                                                                                                                       | <b>Sep 10</b>                                                                                                                                                                 | <b>Sep 11</b>                                                                                                                                          | <b>Sep 12</b>                                                                                                                                    |
| <b>Grilled chicken salad</b> (1 cup spring mix, 1 cup fresh vegetables, 3 oz chicken)<br><b>Salad Dressing</b> 1 pc<br><b>Fruit Juice</b> 4oz<br><b>Whole wheat bread</b> 2oz                     | <b>Arrais</b> 3oz ground beef, 2oz whole wheat pita, ½ cup veggies<br><b>Carrot salad</b> 1 cup<br><b>Apple</b> 1 medium                                           | <b>Chicken cacciatore</b> 3oz chicken, ½ cup veggies<br><b>Majadra</b> ½ cup rice ½ cup lentil<br><b>Whole wheat bread</b> 2oz<br><b>Fruit cup</b> 1 cup                      | <b>Stewed cabbage</b> 3oz beef, 1 cup cabbage<br><b>Tomato salad</b> ½ cup<br><b>Orange</b> medium<br><b>Honey cake</b> 2oz                            | <b>Baked Chicken</b> (4 oz chicken)<br><b>Three color pasta and Grilled vegetables</b> (1 cup pasta, 1 cup vegetables)<br><b>Apple sauce</b> 4oz |
| <b>Sep 15</b>                                                                                                                                                                                     | <b>Sep 16</b>                                                                                                                                                      | <b>Sep 17</b>                                                                                                                                                                 | <b>Sep 18</b>                                                                                                                                          | <b>Sep 19</b>                                                                                                                                    |
| <b>Chicken Ceasar Salad</b> 1 cup spring mix, 1 cup fresh vegetables, 2 oz WG croutons, 3oz chicken<br><b>Salad Dressing</b> 1 pc<br><b>Fruit Juice</b> 4oz                                       | <b>Plov</b> (3 oz beef, ½ cup rice, ½ cup vegetables)<br><b>Israeli salad</b> 1 cup<br><b>Apple</b> medium<br><b>Whole wheat bread</b> 2oz<br><b>Margarine</b> 1pc | <b>Crispy chicken</b> 3oz<br><b>Quinoa salad</b> ½ cup quinoa 1 cup veggies (cooked)<br><b>Whole wheat bread</b> 1 oz<br><b>Margarine</b> 1 PC<br><b>Fruit cup</b> 1 cup      | <b>BBQ pulled beef</b> 3 oz<br><b>Couscous</b> 1 cup<br><b>Cooked vegetables</b> 1 cup<br><b>Orange</b> medium<br><b>Oatmeal cookie</b> 2oz            | <b>Chicken leg</b> 4 oz<br><b>Potato</b> 1 cup<br><b>Pasta salad</b> 1 cup<br><b>Apple sauce</b> 4oz<br><b>Whole wheat bread</b> 2oz             |
| <b>Sep 22</b>                                                                                                                                                                                     | <b>Sep 23</b>                                                                                                                                                      | <b>Sep 24</b>                                                                                                                                                                 | <b>Sep 25</b>                                                                                                                                          | <b>Sep 26</b>                                                                                                                                    |
| <b>Chickpea salad</b> 1 cup fresh vegetables)<br><b>Grilled Chicken</b> 2 oz<br><b>Roasted Yams</b> ½ cup<br><b>Salad Dressing</b> 1 pc<br><b>Fruit Juice</b> 4oz<br><b>Whole wheat bread</b> 2oz | <b>Beef</b> 3oz ground beef<br><b>Kasha</b> ½ buckwheat, ½ cup pasta<br><b>Corn salad</b> 1 cup<br><b>Apple</b> Medium                                             | <b>General Tso's chicken</b> 3oz chicken<br><b>Brown Rice</b> 1 cup<br><b>Vegetable stir fry</b> 1 cup<br><b>Fruit cup</b> 1 cup                                              | <b>Beef Stroganoff</b> 3 oz beef 1 cup pasta<br><b>Roasted mushroom onion</b> 1 cup<br><b>Orange</b> medium<br><b>Oatmeal cookie</b> 2oz               | <b>Chicken leg</b> 4oz<br><b>Peas</b> ½ cup<br><b>Potato Bureka</b> ½ cup potato 3 oz grain<br><b>Apple sauce</b> 4oz<br><b>WG flatbread</b> 1oz |
| <b>Sep 29</b>                                                                                                                                                                                     | <b>Sep 30</b>                                                                                                                                                      |                                                                                                                                                                               |                                                                                                                                                        |                                                                                                                                                  |
| <b>Bean salad</b> (1 cup beans, 1 cup fresh vegetables)<br><b>Grilled Chicken</b> 2 oz<br><b>Salad Dressing</b> 1 pc<br><b>Fruit Juice</b> 4oz<br><b>Whole wheat bread</b> 1oz                    | <b>Beef lasagna</b> (3oz ground beef, 2oz wheat, ½ cup vegetables)<br><b>Summer salad</b> (1 cup vegetables)<br><b>Apple</b> 1 medium<br><b>WG flatbread</b> 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