

October 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
		October 1	October 2	October 3
		Chicken leg 4 oz Rice (1 cup) Beet salad (1 cup) Apple sauce 4oz WG flatbread 1oz	American Goulash (3oz ground beef, 1 cup pasta, ½ cup cooked vegetables) Bell pepper salad (1 cup) Oatmeal Cookie 2oz Orange medium	Lemon pepper chicken (3oz chicken) Green beans (1cup) Barley (1 cup) Fruit cup 1 cup
October 6	October 7	October 8	October 9	October 10
Lentil salad (1 cup lentils, 1 cup fresh vegetables) Grilled Chicken 2oz Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz	Roasted Beef (3oz beef) Mashed potato (1/2 cup) Pickled cabbage (1/2 cup) WG flatbread 2oz Apple 1 medium	Chicken and vegetables stew (3oz chicken, ½ cup vegetables) Pasta salad (1/2 cup past ½ cup canned vegetables) Apple sauce 4oz Whole wheat bread 1oz	Moussaka (3oz beef, 1 cup roasted eggplant and tomato) Oatmeal Cookie 2oz Orange medium	Tuna (3oz) Rice with vegetables (1 cup brown rice, ½ cup vegetables) Israeli salad 1 cup Fruit cup 1 cup
October 13	October 14	October 15	October 16	October 17
Quinoa salad (1/c cup quinoa 1 cup spring mix, 1 cup fresh vegetables) Grilled Chicken 2 oz Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 1oz	Chili Ground beef 3oz, beans 1/2 cup, ½ peppers, onion carrots Wild rice 1 cup Apple 1 medium	Falafel 4 oz protein equivalent Pita 3 oz Israeli salad 1/2 cup Hummus ½ cup Fruit cup 1 cup	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
October 20	October 21	October 22	October 23	October 24
Cobb Salad 1 cup spring mix, 1 cup fresh vegetables, 2 oz chicken, 1 egg 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 Margarine 1 PC 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 Brown Rice with carrot (1 cup rice, ½ cup carrot) Fattoush 1 cup Apple sauce 4oz
October 27	October 28	October 29	October 30	October 31
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	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 ½ 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 (4 oz chicken) Three color pasta and Grilled vegetables (1 cup pasta, 1 cup vegetables) Apple sauce 4oz

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