Western Reserve Area Agency on Aging

# November Kosher Home Delivered Menu

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

Each meal is served with 8 oz Milk

AROVA Shawarma & Falafel

| Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|
| **November 3** | **November 4** | **November 5** | **November 6** | **November 7** |
| **Chicken Ceasar Salad** 1 cup spring mix, 1 cup fresh vegetables, 2 oz WG croutons, 3oz chicken<br>**Salad Dressing** 1 pc<br>**Fruit Juice** 4oz | **Plov** (3 oz beef, ½ cup rice, ½ cup vegetables)<br>**Zucchini Salad** 1 cup<br>**Apple** medium<br>**Whole wheat bread** 2oz<br>**Margarine** 1pc | **Crispy chicken** 3oz<br>**Quinoa salad** ½ cup quinoa 1 cup veggies (cooked)<br>**Whole wheat bread** 1 oz<br>**Margarine** 1 PC<br>**Fruit cup** 1 cup | **BBQ pulled beef** 3 oz<br>**Couscous** 1 cup<br>**Cooked vegetables** 1 cup<br>**Orange** medium<br>**Oatmeal cookie** 2oz | **Chicken leg** 4 oz<br>**Potato** 1 cup<br>**Winter salad** (1 cup)<br>**Apple sauce** 4oz<br>**Whole wheat flatbread** 2oz |
| **November 10** | **November 11** | **November 12** | **November 13** | **November 14** |
| **Chickpea salad** 1 cup fresh vegetables)<br>**Grilled Chicken** 2 oz<br>**Roasted Yams** ½ cup<br>**Salad Dressing** 1 pc<br>**Fruit Juice** 4oz<br>**Whole wheat bread** 2oz | **Beef** 3oz ground beef<br>**Kasha** ½ buckwheat, ½ cup pasta<br>**Corn salad** 1 cup<br>**Apple** Medium | **General Tso's chicken** 3oz chicken<br>**Brown Rice** 1 cup<br>**Vegetable stir fry** 1 cup<br>**Fruit cup** 1 cup | **Beef Stroganoff** 3 oz beef 1 cup pasta<br>**Roasted mushroom onion** 1 cup<br>**Orange** medium<br>**Oatmeal cookie** 2oz | **Chicken leg** 4oz<br>**Peas** ½ cup<br>**Potato Bureka** ½ cup potato 3 oz grain<br>**Apple sauce** 4oz<br>**WG flatbread** 1oz |
| **November 17** | **November 18** | **November 19** | **November 20** | **November 21** |
| **Bean salad** (1 cup beans, 1 cup fresh vegetables)<br>**Grilled Chicken** 2 oz<br>**Salad Dressing** 1 pc<br>**Fruit Juice** 4oz<br>**Whole wheat bread** 1oz | **Beef lasagna** (3oz ground beef, 2oz wheat, ½ cup vegetables)<br>**Summer salad** (1 cup vegetables)<br>**Apple** 1 medium | **Chicken leg** 4 oz<br>**Rice** (1 cup)<br>**Beet salad** (1 cup)<br>**Apple sauce** 4oz<br>**WG flatbread** 1oz | **American Goulash** (3oz ground beef, 1 cup pasta, ½ cup cooked vegetables)<br>**Bell pepper salad** (1 cup)<br>**Oatmeal Cookie** 2oz<br>**Orange** medium | **Lemon pepper chicken** (3oz chicken)<br>**Green beans** (1cup)<br>**Barley** (1 cup)<br>**Fruit cup** 1 cup |
| **November 24** | **November 25** | **November 26** | **November 27** | **November 28** |
| **Lentil salad** (1 cup lentils, 1 cup fresh vegetables)<br>**Grilled Chicken** 2 oz<br>**Salad Dressing** 1 pc<br>**Fruit Juice** 4oz<br>**Whole wheat bread** 2oz | **Roasted Beef** (3oz beef)<br>**Mashed potato** (1/2 cup)<br>**Pickled cabbage** (1/2 cup)<br>**WG flatbread** 2oz<br>**Apple** 1 medium | **Chicken and vegetables stew** (3oz chicken, ½ cup vegetables)<br>**Pasta salad** (1/2 cup past ½ cup canned vegetables)<br>**Apple sauce** 4oz<br>**Whole wheat bread** 1oz | **Moussaka (**3oz beef, 1 cup roasted eggplant and tomato)<br>**Oatmeal Cookie** 2oz<br>**Orange** medium | **Tuna** (3oz)<br>**Rice with vegetables** (1 cup brown rice, ½ cup vegetables)<br>**Israeli salad** 1 cup<br>**Fruit cup** 1 cup |

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