

KOSHER MENU OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Kotleti (75) Red Bliss Potatoes (41) Green Peas Dinner Roll (178) Cake (299) Calories 800/Sodium 800mg	2 HAPPY NEW YEAR Roasted Rosemary Chicken (161) Potato Kugel (170) Roasted Tricolor Cauliflower (17) Rye Bread (193) Honey Cake (193) Calories 1066/Sodium 834mg	3 HAPPY NEW YEAR Caramelized Onion Brisket (118) Sweet Potato Tzimmes (204) Roasted Zucchini Wheat Bread (158) Apple Sauce Calories 925/Sodium 606mg	4 HAPPY NEW YEAR Chicken Cacciatore (297) Rice Pilaf (59) Green Beans Rye Bread (193) Cookies (150) Calories 819/Sodium 794mg
7 Meatball Stroganoff (641) Mashed Potatoes (155) Carrots (59) Rye Bread (193) Seasonal Fruit Calories 703/Sodium 822mg	8 Breaded Chicken Cutlet (600)* Quinoa Pilaf (62) Bean Medley Wheat Bread (158) Cake (299) Calories 941/Sodium 1216mg	9 Roasted Turkey (108) Herbed Stuffing (398) Butternut Squash Rye Bread (193) Seasonal Fruit Calories 756/Sodium 832mg	10 Lemon and Dill Baked Cod (532) Herbed Orzo Pilaf (50) Broccoli Dinner Roll (178) Fresh Fruit Calories 729 /Sodium 942mg	11 Honey Roasted Chicken (571) Lemon Rice (2) Broccoli Rye Bread (193) Seasonal Fruit Calories 679/Sodium 752mg
14 COLUMBUS DAY HOLIDAY NO MEAL DELIVERY	15 Chicken Marsala (522) Quinoa Pilaf (62) Steamed Carrots (59) Dinner Roll (178) Seasonal Fruit Calories 833/Sodium 626mg	16 Pomegranate Chuck Roast (262) Roasted Potatoes (41) Wax Beans Rye Bread (193) Seasonal Fruit Calories 744/Sodium 660mg	17 Chicken Stew (174) O'Brien Potatoes (106) Cauliflower Wheat Bread (158) Apple Sauce Calories 898 /Sodium 871mg	18 Glazed Meatloaf (637) Mashed Potatoes (185) Green Beans Rye Bread (193) Cookies (150) Calories 896/Sodium 950mg
21 Makaroni Po Flotski (Beef & Macaroni) (166) Mixed Vegetables (10) Rye Bread (193) Seasonal Fruit Calories 666/Sodium 537mg	22 Pot Roast (132) Mashed Potatoes (155) Bean Medley (45) Dinner Roll (178) Peaches (7) Calories 680/Sodium 668mg	23 Chicken Stir Fry (145) Basmati Rice (3) Corn Rye Bread (193) Seasonal Fruit Calories 768/Sodium 476mg	24 Spinach and Onion Mac N Cheese Cavatappi Pasta (289) Chopped Broccoli Wheat Bread (158) Apple Sauce Calories 818/Sodium 389mg	25 Chicken Shnitzel (87) Lemon Rice (2) Carrots (59) Rye Bread (193) Seasonal Fruit Calories 657/Sodium 637mg
28 Italian Rosemary Chicken (108) Mashed Potatoes (155) Roasted Tricolor Cauliflower Rye Bread (193) Seasonal Fruit Calories 979/Sodium 600mg	29 Beef Kotleti (75) Red Bliss Potatoes (41) Green Peas Dinner Roll (178) Cake (299) Calories 80/Sodium 800mg	30 Tortellini Primavera Four Cheese Sauce (400) Carrots (59) Rye Bread (193) Vanilla Pudding (150) Calories 806/Sodium 889mg	31 Seared Cod Cakes (423) White Rice (24) Roasted Zucchini Wheat Bread (158) Apple Sauce Calories 871/Sodium 576mg	

Suggested \$3.50 donation per meal

Menu subject to change

Sodium in mg listed next to each item.

Calories and sodium are listed at bottom of page for the entire meal, including milk and margarine.

To cancel a meal, please call (617) 972-5700 by 11am two business days in advance.

YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT:

WWW.SPRINGWELL.COM