Kosher Kitchen

Week 2

sustainable • healthy • fresh

ITHACA DINING SERVICES

LUNCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entreé Starch & Vegetable	Scrambled Eggs Fruit Blintzes Home Fries Bagel Bar w/Lox	Falafel Bar Pita Hummus Shredded Lettuce Israeli Salad	Macaroni & Cheese Fish Sandwhich Potato Puffs Mixed Vegetables	Assorted Pizza Eggplant Parmesan Spaghetti in Marinara Sauce Yellow Squash	Stuffed Shells Potato Knish Stuffed Peppers Sautéed Veggies	Hamburger Hotdogs Veggie Burger Fries Chili	Cholent Sliced Deli Meats Assorted Salads

DINNER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Vegetable	Chicken Noodle	French Onion	Beef Barley	Chicken Rice	Matzo Ball	
Entreé Starch & Vegetable	Rosemary Chicken Beans & Rice Pasta & Marinara Mixed Veggies	Roast Beef Roasted Potatoes Green Beans Spinach Puffs	BBQ Chicken Spanish Rice Pasta Primavera Sliced Carrots	Chinese Tilapia Lo-Mein Rice Pilaf Corn	Beef Stew Rice Pilaf Potato Pancakes Corn	Roast Turkey Beef Ragout Mashed Potatoes Veggie Stuffed Cabbage Corn	Smoked White Fish Sliced Deli Meats Assorted Salads