



Kosher/Carbohydrate Menu

ALL items labeled with an “**“ are pre-packaged meals, purchased from a Kosher Catering Company (Palace Catering). These items are double wrapped for Kashrus. These items may not be appropriate on your diet. Please contact your clinical care team for further questions. (Carbohydrates)

--- Entrée(Breakfast) ---

Cheese Omelet w/ Potatoes* (42) • Fluffy Pancakes* (37) • French Toast* (39) • Cheese Blintzes* (50) • Bagel (28) • Blueberry Muffin (27)

--- Cereal ---

Cheerios (14) • Honey Nut Cheerios (23) • Cinnamon Toast Crunch (22) • Corn Flakes (16) • Rice Krispies (22)

--- Fruit & Yogurt ---

Applesauce (13) • Banana (27) • Diced Peaches (14) • Orange (12) • Lite Strawberry Yogurt (17) • Lite Vanilla Yogurt (18)

--- Soup ---

Matzo Ball Soup* (10) • Vegetable Soup* (26)

--- Lunch & Dinner ---

Baked Ziti* (48)

Puree Chicken with Mashed Rice & Green Beans* (17)
Roasted Turkey with Mashed Sweet Potatoes & String Beans* (24)
Pot Roast w/ Potato Kugel & Mixed Vegetables* (37)
Spaghetti & Meatballs with Green Beans* (46)
Broiled Tilapia Filet with Mixed Vegetables & Quinoa * (17)
Roasted Chicken w/ Matzo Balls & Mixed Vegetables* (33)
Vegan Stuffed Cabbage* (63) Cheese Blintzes* (50)

--- Snacks & Sweets ---

Wrapped White Bread* (10) • Lay's Potato Chips (15) • Red Gelatin (21) • Sugar-Free Gelatin (3) • Chocolate Pudding (24) • Vanilla Pudding (22) • Lemon Fruit Ice (20) • Strawberry Popsicle (28) • Chocolate Chip Cookie* (20) • Brownie (47) • Pretzels (23) • Blue Raspberry Ice Pop (11)

--- Condiments ---

Salt (0) • Pepper (0) • Butter (0) • Margarine (0) • Sugar (4) • Splenda (1) • Honey (12) • Cream Cheese (1) • Syrup (28) • Diet Syrup (4) • Peanut Butter (5) • Ketchup (3)

--- Beverages ---

Skim Milk (12) • 2% Milk (12) • Whole Milk (12) • 1% Chocolate Milk (27) • Apple Juice (14) • Orange Juice (13) • Bottled Water (0) • Welch's Grape Juice (25) • Lactose Free Milk • Soy Milk • Almond Milk • Chobani Yogurt Drink (17) • Keddeem Grape Juice (34) (subject to availability)



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LITTLE TREATS &
TASTY EATS



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