



Kosher/Carbohydrate Menu revised 4/15/26

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 (28)

--- Cereal ---

Cheerios (21) • Honey Nut Cheerios (23) • Cinnamon Toast Crunch (22) • Corn Flakes (16) • Rice Krispies (16)

--- Fruit & Yogurt ---

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

--- 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 (23) • 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 (21) • Apple Juice (14) • Orange Juice (13) • Bottled Water (0) • Welch's Grape Juice (25) • Lactose Free Milk (13) • Soy Milk (18) • Almond Milk (13) • Chobani Yogurt Drink (17) • Keddeem Grape Juice (34) (subject to availability)



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