

## CDCR KOSHER MENU

WEEK ONE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Shabbat	Sunday
<b>Breakfast</b>	Orange Juice 4 oz	Fresh Fruit 1 ea	Fresh Fruit 1 ea	Orange Juice 4 oz	Fresh Fruit 1 ea	Fresh Fruit 1 ea	Fresh Fruit 1 ea
	Cheese 1 oz	Cold Cereal 1 ea	Cheese 1 oz	Hot Cereal 2 pk	Boiled Egg 1 ea	Cold Cereal 1 ea	Boiled Egg 1 ea
	Muffin or Danish 3-4 oz	Boiled Egg 1 ea	Cold Cereal 1 ea	Wheat Bread 2 sl	Hot Cereal 2 pk	Wheat Bread 2 sl	Hot Cereal 2 pk
	Hot Cereal 2 pk	Wheat Bread 2 sl	Wheat Bread 2 sl	Muffin or Danish 3-4 oz	Wheat Bread 2 sl	Peanut Butter 2 oz	Wheat Bread 2 sl
Wheat Bread 2 sl	Margarine 5 oz	Margarine 5 oz	Margarine 5 oz	Jelly or Honey 1 oz	Muffin 1 ea	Jelly or Honey 1 oz	Jelly or Honey 1 oz
Margarine 5 oz	Jelly or Honey 1 oz	Jelly or Honey 1 oz	Jelly or Honey 1 oz	Margarine 5 oz	Margarine 5 oz	Margarine 5 oz	Margarine 5 oz
Jelly or Honey 1 oz	Milk 2 ea	Milk 2 ea	Milk 2 ea	Milk 2 ea	Jelly or Honey 1 oz	Milk 2 ea	Milk 2 ea
Milk 2 ea	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 2 ea	Milk 2 ea	Coffee 8 oz
Coffee 8 oz					Coffee 8 oz	Coffee 8 oz	
<b>Lunch</b>	Tuna 1 oz	Peanut Butter 1 oz	Lunch Meat 4 oz	Cheese 1 oz	Lunch Meat 4 oz	Tuna 2 oz	Peanut Butter 2 oz
	Wheat Bread 4 sl	Jelly 1 oz	Wheat Bread 4 sl	Wheat Bread 4 sl	Wheat Bread 4 sl	Wheat Bread 4 sl	Jelly 1 oz
	Potato Chips 1 pk	Wheat Bread 4 sl	Potato Chips 1 pk	Fresh Vegetables 1 ea	Potato Chips 1 pk	Potato Chips 1 pk	Wheat Bread 4 sl
	Fresh Fruit 1 ea	<del>Wheat Bread 4 sl</del>	Fresh Fruit 1 ea	Fresh Fruit 1 ea	Fresh Fruit 1 ea	Fresh Fruit 1 ea	Fresh Vegetables 1 ea
	Mayonnaise 1 pk	<del>Wheat Bread 4 sl</del>	Mayonnaise 1 pk	Jelly or Honey 1 oz	Mayonnaise 1 pk	Mayonnaise 1 pk	Fresh Fruit 1 ea
	Relish 2 pk	Fresh Fruit 1 ea	Mustard 2 pk	Beverage 1 pk	Mustard 2 pk	Relish 2 pk	Beverage 1 pk
	Beverage 1 pk	Beverage 1 pk	Beverage 1 pk	Dessert 1 ea	Beverage 1 pk	Beverage 1 pk	Dessert 1 ea
Dessert 1 ea	Dessert 1 ea	Dessert 1 ea		Dessert 1 ea	Dessert 1 ea	Dessert 1 ea	
<b>Dinner</b>	Chicken Chow Mein (FR) 1 ea	Cheese Lasagna (FR) 1 ea	Pot Roast (FR) 1 ea	Poultry Dinner (FR) 1 ea	Turkey Dinner (FR) 1 ea	Lunch Meat 4 oz	Salisbury Steak (FR) 1 ea
	Wheat Bread 2 sl	Wheat Bread 2 sl	Wheat Bread 2 sl	Wheat Bread 2 sl	Wheat Bread 2 sl	Wheat Bread 2 sl	Wheat Bread 2 sl
	Margarine 1 oz	Margarine 1 oz	Margarine 1 oz	Margarine 1 oz	Margarine 1 oz	Salat 5 oz	Margarine 1 oz
	F. Veg. or Salad w/ORS 1 ea	Salat 5 oz	F. Veg. or Salad w/ORS 1 ea	Fresh Fruit 1 ea	F. Veg. or Salad w/ORS 1 ea	<del>Salat Dressing 1 ea</del>	Fresh Fruit 1 ea
	Fresh Fruit 1 ea	Salat Dressing 1 pk	Fresh Fruit 1 ea	Salat 5 oz	Fresh Fruit 1 ea	Fresh Vegetables 7 ea	Salat 5 oz
	Beverage 1 pk	Fresh Fruit 1 ea	Beverage 1 pk	Salat Dressing 1 pk	Beverage 1 pk	Juice 4 oz	Salat Dressing 1 pk
		Beverage 1 pk		Beverage 1 pk		Fresh Fruit 1 ea	Beverage 1 pk
					Mustard 2 pk		
					Mayonnaise 1 pk		
					Beverage 1 pk		

FR = Frozen

Note: Muffins and Danishes contain dairy. Serve only at breakfast

**Notes on Sabbath:** The Sabbath begins 18 minutes before sunset on the preceding day (Friday), and concludes approximately one hour after sunset (Saturday). On the Sabbath, cooking ("lighting a fire") is prohibited. All food must be cold. Depending on the time of year, the Friday and Saturday night meal may be switched. On Friday night, the meal may be heated prior to the start of Sabbath and kept in a hot box for later service.

Consult the CDCR Jewish Kosher Meal Program Procedures for additional guidance.

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CDCR KOSHER MENU

WEEK TWO



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Shabbat	Sunday
Breakfast	Fresh Fruit 1 ea Cold Cereal 1 pk Wheat Bread 2 sl Margarine 1 oz Jelly or Honey 1 oz Milk 2 ea Coffee 8 oz	Orange Juice 4 oz Hot Cereal 1 pk Muffin 1 ea Boiled Egg 1 ea Wheat Bread 2 sl Margarine 1 oz Milk 2 ea Coffee 8 oz	Fresh Fruit 1 ea Cheese 1 oz Cold Cereal 1 pk Wheat Bread 2 sl Margarine 1 oz Jelly or Honey 1 oz Milk 2 ea Coffee 8 oz	Fresh Fruit 1 ea Hot Cereal 1 pk Wheat Bread 2 sl Muffin or Danish 3-4 ea Margarine 1 oz Jelly or Honey 1 oz Milk 2 ea Coffee 8 oz	Fresh Fruit 1 ea Cold Cereal 1 pk Custard 1 oz Wheat Bread 2 sl Margarine 1 oz Jelly or Honey 1 oz Milk 2 ea Coffee 8 oz	Orange Juice 4 oz Cold Cereal 1 pk Wheat Bread 2 sl Peanut Butter 2 oz Muffin 1 ea Margarine 1 oz Jelly or Honey 1 oz Milk 2 ea Coffee 8 oz	Fresh Fruit 1 ea Boiled Egg 1 ea Hot Cereal 1 pk Wheat Bread 2 sl Jelly or Honey 1 oz Margarine 1 oz Milk 2 ea Coffee 8 oz
Lunch	Tuna 2 oz Wheat Bread 4 sl Potato Chips 1 pk Fresh Fruit 1 ea Mayonnaise 1 pk Relish 2 pk Beverage 1 pk Dessert 1 ea	Cheese 1 oz <del>Wheat Bread 4 sl</del> Wheat Bread 4 sl Fresh Vegetables 1 ea Fresh Fruit 1 ea Jelly or Honey 1 oz Beverage 1 pk Dessert 1 ea	Lunch Meat 4 oz Wheat Bread 4 sl Potato Chips 1 pk Fresh Fruit 1 ea Mayonnaise 1 pk Mustard 2 pk Beverage 1 pk Dessert 1 ea	Peanut Butter 2 oz Jelly 1 oz Wheat Bread 4 sl Fresh Vegetables 1 ea Fresh Fruit 1 ea Beverage 1 pk Dessert 1 ea	Lunch Meat 4 oz Wheat Bread 4 sl Potato Chips 1 pk Fresh Fruit 1 ea Mayonnaise 1 pk Mustard 2 pk Beverage 1 pk Dessert 1 ea	Tuna 2 oz Wheat Bread 4 sl Potato Chips 1 pk Fresh Fruit 1 ea Mayonnaise 1 pk Relish 2 pk Beverage 1 pk Dessert 1 ea	Peanut Butter 2 oz Jelly 1 oz Wheat Bread 4 sl Fresh Vegetables 1 ea Fresh Fruit 1 ea Beverage 1 pk Dessert 1 ea
Dinner	Frozen Spaghetti (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz F. veg. or salad w/DRT 1 ea Fresh Fruit 1 ea Beverage 1 pk	Beef Goulash (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz Salad 1 ea Salad Dressing 1 pk Fresh Fruit 1 ea Beverage 1 pk	Stuffed Shells (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz F. veg. or salad w/DRT 1 ea Fresh Fruit 1 ea Beverage 1 pk	Roast Chicken (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz Fresh Fruit 1 ea Salad 1 ea Salad Dressing 1 pk Beverage 1 pk	Saltwater Steak (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz F. veg. or salad w/DRT 1 ea Fresh Fruit 1 ea Beverage 1 pk	Lunch Meat 4 oz Wheat Bread 2 sl Salad 1 ea <del>Salad Dressing 1 pk</del> Carrot Coins 2 ea Juice 4 oz Fresh Fruit 1 ea Mustard 2 pk Mayonnaise 1 pk Beverage 1 pk	Meat Loaf (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz Fresh Fruit 1 ea Salad 1 ea Salad Dressing 1 pk Beverage 1 pk

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CDCR KOSHER MENU

WEEK THREE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Shabbat	Sunday
Breakfast	Fresh Fruit 1 ea Peanut Butter 2 oz Muffin or Danish 3-4 oz Hot Cereal 2 pk Wheat Bread 2 sl Margarine 3 oz Jelly or Honey 1 oz Milk 2 ea Coffee 8 oz	Fresh Fruit 1 ea Cold Cereal 1 pk Wheat Bread 2 sl Margarine 5 oz Jelly or Honey 1 oz Milk 2 ea Coffee 8 oz	Orange Juice 4 oz Cereal 1 oz Cold Cereal 1 pk Wheat Bread 2 sl Margarine 5 oz Jelly or Honey 1 oz Milk 2 ea Coffee 8 oz	Fresh Fruit 1 ea Hot Cereal 2 pk Wheat Bread 2 sl Muffin or Danish 3-4 oz Margarine 5 oz Jelly or Honey 1 oz Milk 2 ea Coffee 8 oz	Orange Juice 4 oz Boiled Egg 1 ea Hot Cereal 2 pk <del>Wheat Bread 2 sl</del> Wheat Bread 2 sl Jelly or Honey 1 oz Margarine 5oz Milk 2 ea Coffee 8 oz	Fresh Fruit 1 ea Cold Cereal 1 pk Wheat Bread 2 sl Peanut Butter 2oz Muffin 1 ea Margarine 5 oz Jelly or Honey 1 oz Milk 2 ea Coffee 8 oz	Fresh Fruit 1 ea Soiled Egg 1 ea Cold Cereal 2 pk Wheat Bread 2 sl Jelly or Honey 1 oz Margarine 5 oz Milk 2 ea Coffee 8 oz
Lunch	Lunch Meat 4 oz Wheat Bread 4 sl Potato Chips 1 pk Fresh Fruit 1 ea Mayonnaise 1 pk Mustard 2 pk Beverage 1 pk Dessert 1 ea	Peanut Butter 3 oz Jelly 1 oz Wheat Bread 4 sl Fresh Vegetables 1 ea Fresh Fruit 1 ea Beverage 1 pk Dessert 1 ea	Tuna 2 oz Wheat Bread 4 sl Potato Chips 1 pk Fresh Fruit 1 ea Mayonnaise 1 pk Raisin 2 pk Beverage 1 pk Dessert 1 ea	Lunch Meat 4 oz Wheat Bread 4 sl Fresh Vegetables 1 ea Fresh Fruit 1 ea Mayonnaise 1 pk Mustard 2 pk Beverage 1 pk Dessert 1 ea	Peanut Butter 3 oz Jelly 1 oz Wheat Bread 4 sl Melba Toast 4 pk Carrot Coins 1 pk Fresh Fruit 1 ea Beverage 1 pk Dessert 1 ea	Tuna 2 oz Wheat Bread 4 sl Potato Chips 1 pk Fresh Fruit 1 ea Mayonnaise 1 pk Raisin 2 pk Beverage 1 pk Dessert 1 ea	Cheese 3 oz Wheat Bread 4 sl Fresh Vegetables 1 ea Fresh Fruit 1 ea Jelly or honey 1 oz Beverage 1 pk Dessert 1 ea
Dinner	Roast Chicken (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz F. Veg. or Salad w/CRS 1 ea Fresh Fruit 1 ea Beverage 1 ea	Beef Brisket (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz Salad 1 ea Salad Dressing 1 pk Fresh Fruit 1 ea Beverage 1 ea	Beef Goulash (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz F. Veg. or Salad w/CRS 1 ea Fresh Fruit 1 ea Beverage 1 ea	Cheese Lasagna (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz Fresh Fruit 1 ea Salad 1 ea Salad Dressing 1 pk Beverage 1 ea	Chicken Casserole (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz F. Veg. or Salad w/CRS 1 ea Fresh Fruit 1 ea Beverage 1 ea	Lunch Meat 4 oz Wheat Bread 2 sl <del>Salad 1 ea</del> Salad Dressing 1 pk Carrot Coins 1 ea Juice 4 oz Fresh Fruit 1 ea Mustard 2 pk Mayonnaise 1 pk Beverage 1 ea	Pot Roast (FR) 1 ea Wheat Bread 2 sl Margarine 1 oz Fresh Fruit 1 ea Salad 1 ea Salad Dressing 1 pk Beverage 1 ea
FR = Frozen  Note: Muffins and Danishes contain dairy. Serve only at breakfast			Notes on Sabbath: The Sabbath begins 18 minutes before sunset on the preceding day (Friday), and concludes approximately one hour after sunset (Saturday). On the Sabbath, cooking ("lighting a fire") is prohibited. All food must be cold. Depending on the time of year, the Friday and Saturday night meal may be switched. On Friday night, the meal may be heated prior to the start of Sabbath and kept in a hot box for later service.		Consult the CDCR Jewish Kosher Meal Program Procedures for additional guidance.		

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