

August 2018 KOSHER HOT MEALS *Meals on Wheels of Central Maryland*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1) Split Pea Soup Roast Beef w/ Gravy Mashed Potato Green Beans Fresh Fruit Wheat Bread w/ Margarine Apple Juice</p>	<p>2) Barley Soup Stuffed Shells w/ Marinara Sugar Snap Peas Baked Peaches Bread Stick w/ Margarine Cranberry Juice</p>	<p>3) Matzo Ball Soup Cajun Chicken Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice</p>
<p>6) Five Bean Soup Stuffed Peppers Pasta w/ Marinara Sliced Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice</p>	<p>7) Chicken Noodle Soup Pepper Steak Fluffy Rice Broccoli Fresh Fruit Wheat Bread w/ Margarine Tomato Juice</p>	<p>8) Vegetable Soup Rosemary Chicken Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Prune Juice</p>	<p>9) Lentil Soup Cheese Lasagna Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice</p>	<p>10) Matzo Ball Soup Roast Beef w/ Gravy Potato Latkes Sautéed Spinach Fresh Fruit Potato Bread w/ Margarine Apple Juice</p>
<p>13) Beef Vegetable Soup Baked Salmon Wild Rice Glazed Carrots Fresh Apple Potato Bread w/ Margarine Orange Juice</p>	<p>14) Bean Soup Baked Chicken Mashed Potatoes Summer Squash Fresh Fruit Wheat Bread w/ Margarine Tomato Juice</p>	<p>15) Chicken Noodle Soup Hot Dog w/ Roll Baked Beans Sauerkraut Fresh Fruit Prune Juice</p>	<p>16) Vegetable Soup Stuffed Shells w/ Marinara Green Beans Baked Apples Wheat Bread w/ Margarine Orange Juice</p>	<p>17) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice</p>
<p>20) Navy Bean Soup Stuffed Cabbage Whipped Potatoes Ginger Snap Peas Fresh Apple Wheat Bread w/ Margarine Orange Juice</p>	<p>21) Vegetable Soup Cilantro Chicken Herbed Orzo Broccoli Fresh Fruit Dinner Roll W/ Margarine Prune Juice</p>	<p>22) Barley Soup Meatloaf w/ Gravy Mashed Potatoes Sautéed Cabbage Fresh Fruit Wheat Bread W/ margarine Apple Juice</p>	<p>23) Minestrone Soup Baked Tilapia Seasoned rice Spinach Fresh Fruit Wheat Bread w/ Margarine Orange Juice</p>	<p>24) Matzo Ball Soup Honey Baked Chicken Tzimmes Green Beans Potato Bread w/ Margarine Prune Juice</p>
<p>27) Lentil Soup Spaghetti & Meatballs Zucchini Baked Apples Dinner Roll W/ Margarine Apple Juice</p>	<p>28) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Whole-Grain Bread w/ Margarine Cranberry Juice</p>	<p>29) Split Pea Soup Roast Beef w/ Gravy Mashed Potato Green Beans Fresh Fruit Wheat Bread w/ Margarine Apple Juice</p>	<p>30) Barley Soup Stuffed Shells w/ Marinara Sugar Snap Peas Baked Peaches Bread Stick w/ Margarine Cranberry Juice</p>	<p>31) Matzo Ball Soup Cajun Chicken Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice</p>

August 2018 KOSHER COLD MEALS Meals on Wheels of Central Maryland

OVER →

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Sliced Turkey 3 Bean salad Potato Salad Sliced Pears Potato Bread w/ Margarine Prune Juice	2) Tuna Salad Garden Salad w/ Dressing Apricots Wheat Bread 1% Milk Orange Juice	3) Creamed herring Cole Slaw Rotini Pasta Salad Mandarin Oranges Pumpnickel Bread 1% Milk Orange Juice
6) Tuna Salad Garden Salad w/ Dressing Chilled Apricots Whole-Grain Bread 1% Milk Apple Juice	7) Muenster Cheese Fiesta & Pasta Salad Sliced Pears Wheat Bread Mustard 1% Milk Cranberry Juice	8) Sliced Roast Beet Cole Slaw Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice	9) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye Bread 1% Milk Cranberry Juice	10) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapple Dinner Roll 1% Milk Prune Juice
13) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Salad Whole Grain Bread w/ Margarine 1% Milk Orange Juice	14) Muenster Cheese Creamy Garden Salad Sliced Pears Wheat Bread 1% Milk Cranberry Juice	15) Sliced Turkey Carrot Raisin Salad Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice	16) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread 1% Milk Cranberry Juice	17) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapple Dinner Roll w/ Dressing 1% Milk Prune Juice
20) Egg Salad Garden Salad w/ Dressing Pears Rye Bread w/ Margarine 1% Milk Apple Juice	21) American Cheese Cole Slaw Tropical Fruit Salad Pumpnickel Bread Mustard 1% Milk Prune Juice	22) Sliced Turkey Italian Vegetable Salad Three Bean Salad Mandarin Oranges Wheat Bread Mayonnaise V-8 Juice	23) Tuna Salad Pickled Beets Fruit Cup Multi-Grain Bread 1% Milk Cranberry Juice	24) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Roll 1% Milk V-8 Juice
27) Egg Salad Garden Salad w/ Dressing Chilled Pineapple Wheat Bread 1% Milk V-8 Juice	28) Swiss Cheese Marn. Southern Veg. Salad Macaroni Salad Fruit Cocktail 1% Milk Orange Juice	29) Sliced Turkey 3 Bean salad Potato Salad Sliced Pears Potato Bread w/ Margarine Prune Juice	30) Tuna Salad Garden Salad w/ Dressing Apricots Wheat Bread 1% Milk Orange Juice	31) Creamed herring Cole Slaw Rotini Pasta Salad Mandarin Oranges Pumpnickel Bread 1% Milk Orange Juice