



February 2019 KOSHER HOT MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice
4) Navy Bean Soup Sliced Turkey Whipped Potatoes Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice	5) Vegetable Soup Baked Fish Herbed Orzo Broccoli Fresh Fruit Dinner Roll W/ Margarine Prune Juice	6) Barley Soup Meatloaf w/ Gravy Mashed Potatoes Ginger Snap Peas Fresh Fruit Dinner Roll w/ Margarine Apple Juice	7) Minestrone Soup Baked Manicotti Spinach Hot Peaches Dinner Roll w/ Margarine Orange Juice	8) Matzo Ball Soup Roast Beef w/ Gravy Tzimmes Green Beans Fresh Fruit Potato Bread w/ Margarine Prune Juice
11) Lentil Soup Spaghetti & Meatballs Zucchini Baked Apples Dinner Roll w/ Margarine Apple Juice	12) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Fresh Fruit Whole-Grain Bread w/ Margarine Cranberry Juice	13) Split Pea Soup Roast Beef w/ Gravy Mashed Potatoes Green Beans Fresh Fruit Dinner Roll w/ Margarine Apple Juice	14) Barley Soup Stuffed Shells w/ Marinara Sugar Snap Peas Baked Peaches Bread Stick w/ Margarine Cranberry Juice	15) Matzo Ball Soup Cajun Chicken Baked Potato Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice
18) Meals on Wheels Will be closed for the President's Day You will receive your meals For this day on 2/11/19	19) Chicken Noodle Soup Pepper Steak Fluffy Rice Broccoli Fresh Fruit Wheat Bread w/ Margarine Tomato Juice	20) Vegetable Soup Rosemary Chicken Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Prune Juice	21) Lentil Soup Cheese Lasagna Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice	22) Matzo Ball Soup Roast Beef w/ Gravy Potato Latkes Sautéed Spinach Fresh Fruit Potato Bread w/ Margarine Apple Juice
25) Beef Vegetable Soup Baked Salmon Wild Rice Glazed Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice	26) Bean Soup Smothered Chicken Breast Mashed Red Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Tomato Juice	27) Chicken Noodle Soup Hot Dog w/ Roll Baked Beans Sauerkraut Fresh Fruit Mustard Prune Juice	28) Vegetable Soup Meatballs w/ Marinara Sauce Green Beans Baked Apples Dinner Roll w/ Margarine Orange Juice	

February 2019 KOSHER COLD MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapple Dinner Roll 1% Milk Prune Juice
4) Egg Salad Tossed Salad w/ Dressing Pears Rye Bread 1% Milk Apple Juice	5) American Cheese Cole Slaw Tropical Fruit Pumpernickel Bread Mustard 1% Milk Cranberry Juice	6) Slice Turkey Marinated Vegetables Three Bean Salad Mandarin Oranges Whole Wheat Bread Mayonnaise V-8 Juice	7) Tuna Salad Pickled Beets Fruit Cup Multi-Grain Bread 1% Milk Cranberry Juice	8) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Potato Bread 1% Milk V-8 Juice
11) Egg Salad Garden Salad w/ Dressing Pears Rye Bread 1% Milk Apple Juice	12) American Cheese Cole Slaw Tropical Fruit Salad Pumpernickel Bread Mustard 1% Milk Cranberry Juice	13) Sliced Turkey Italian Vegetable Salad White Bean Salad Mandarin Oranges Whole Wheat Bread Mayonnaise V-8 Juice	14) Tuna Salad Pickled Beets Fruit Cup Whole Multi-Grain Bread 1% Milk Cranberry Juice	15) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Roll 1% Milk V-8 Juice
18) Meals on Wheels Will be closed for the President's Day You will receive your meals For this day on 2/11/19	19) Swiss Cheese Marinated Vegetable Salad Macaroni Salad Fruit Cocktail Rye Bread 1% Milk Orange Juice	20) Sliced Turkey 3 Bean Salad Potato Salad Slice Pears Potato Bread Mayonnaise Prune Juice	21) Tuna Salad Garden Salad w/ Dressing Apricots Wheat Bread 1% Milk Orange Juice	22) Creamed Herring Cole Slaw Rotini Pasta Salad Mandarin Oranges Pumpernickel Bread V-8 Juice
25) Tuna Salad Garden Salad w/ Dressing Chilled Apricots Whole-Grain Bread Apple Juice	26) Muster Cheese Fiesta & Pasta Salad Sliced Pears Whole Wheat Bread Cranberry Juice	27) Sliced Roast Beef Cole Slaw Mandarin Oranges Kaiser Roll V-8 Juice	28) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye Bread 1% Milk Cranberry Juice	