

## July 2018 KOSHER HOT MEALS *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Lentil Soup Spaghetti & Meatballs Zucchini Baked Apples Dinner Roll W/ Margarine Apple Juice	3) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Fresh Fruit Whole-Grain Bread w/ Margarine Cranberry Juice	<b>4) Meals on Wheels                      Will be closed for the                      4<sup>th</sup> of July                      for                      You received your meal                      This day on 6/27/18</b>	5) Barley Soup Stuffed Shells w/ Marinara Sugar Snap Peas Baked Peaches Bread Stick w/ Margarine Cranberry Juice	6) Matzo Ball Soup Cajun Chicken Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice
9) Five Bean Soup Stuffed Peppers Pasta w/ Marinara Sliced Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice	10) Chicken Noodle Soup Pepper Steak Fluffy Rice Broccoli Fresh Fruit Wheat Bread w/ Margarine Tomato Juice	11) Vegetable Soup Rosemary Chicken Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Prune Juice	12) Lentil Soup Cheese Lasagna Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice	13) Matzo Ball Soup Roast Beef w/ Gravy Potato Latkes Sautéed Spinach Fresh Fruit Potato Bread w/ Margarine Apple Juice
16) Beef Vegetable Soup Baked Salmon Wild Rice Glazed Carrots Fresh Apple Potato Bread w/ Margarine Orange Juice	17) Bean Soup Baked Chicken Mashed Potatoes Summer Squash Fresh Fruit Wheat Bread w/ Margarine Tomato Juice	18) Chicken Noodle Soup Hot Dog w/ Roll Baked Beans Sauerkraut Fresh Fruit Prune Juice	19) Vegetable Soup Stuffed Shells w/ Marinara Green Beans Baked Apples Wheat Bread w/ Margarine Orange Juice	20) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice
23) Navy Bean Soup Stuffed Cabbage Whipped Potatoes Ginger Snap Peas Fresh Apple Wheat Bread w/ Margarine Orange Juice	24) Vegetable Soup Cilantro Chicken Herbed Orzo Broccoli Fresh Fruit Dinner Roll W/ Margarine Prune Juice	25) Barley Soup Meatloaf w/ Gravy Mashed Potatoes Sautéed Cabbage Fresh Fruit Wheat Bread W/ margarine Apple Juice	26) Minestrone Soup Baked Tilapia Seasoned rice Spinach Fresh Fruit Wheat Bread w/ Margarine Orange Juice	27) Matzo Ball Soup Honey Baked Chicken Tzimmes Green Beans Potato Bread w/ Margarine Prune Juice
30) Lentil Soup Spaghetti & Meatballs Zucchini Baked Apples Dinner Roll W/ Margarine Apple Juice	31) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Whole-Grain Bread w/ Margarine Cranberry Juice			

# July 2018 KOSHER COLD MEALS Meals on Wheels of Central Maryland

**OVER →**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Egg Salad Garden Salad w/ Dressing Chilled Pineapple Wheat Bread 1% Milk V-8 Juice	3) Swiss Cheese Marn. Southern Veg. Salad Macaroni Salad Fruit Cocktail 1% Milk Orange Juice	<b>4) Meals on Wheels                      Will be closed for the                      4<sup>th</sup> of July                      You received your meal                      for                      This day on 6/27/18</b>	5) Tuna Salad Garden Salad w/ Dressing Apricots Wheat Bread 1% Milk Orange Juice	6) Creamed herring Cole Slaw Rotini Pasta Salad Mandarin Oranges Pumpnickel Bread 1% Milk Orange Juice
9) Tuna Salad Garden Salad w/ Dressing Chilled Apricots Whole-Grain Bread 1% Milk Apple Juice	10) Muster Cheese Fiesta & Pasta Salad Sliced Pears Wheat Bread Mustard 1% Milk Cranberry Juice	11) Sliced Roast Beet Cole Slaw Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice	12) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye Bread 1% Milk Cranberry Juice	13) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapple Dinner Roll 1% Milk Prune Juice
16) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Salad Whole Grain Bread w/ Margarine 1% Milk Orange Juice	17) Muster Cheese Creamy Garden Salad Sliced Pears Wheat Bread 1% Milk Cranberry Juice	18) Sliced Turkey Carrot Raisin Salad Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice	19) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread 1% Milk Cranberry Juice	20) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapple Dinner Roll w/ Dressing 1% Milk Prune Juice
23) Egg Salad Garden Salad w/ Dressing Pears Rye Bread w/ Margarine 1% Milk Apple Juice	24) American Cheese Cole Slaw Tropical Fruit Salad Pumpnickel Bread Mustard 1% Milk Prune Juice	25) Sliced Turkey Italian Vegetable Salad Three Bean Salad Mandarin Oranges Wheat Bread Mayonnaise V-8 Juice	26) Tuna Salad Pickled Beets Fruit Cup Multi-Grain Bread 1% Milk Cranberry Juice	27) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Roll 1% Milk V-8 Juice
30) Egg Salad Garden Salad w/ Dressing Chilled Pineapple Wheat Bread 1% Milk V-8 Juice	31) Swiss Cheese Marn. Southern Veg. Salad Macaroni Salad Fruit Cocktail 1% Milk Orange Juice			