

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Matzo Ball Soup Honey Baked Chicken Tzimmes Green Beans Fresh Fruit Potato Bread w/ Margarine Prune Juice
4) Lentil Soup Spaghetti & Meatballs Zucchini Baked Apples Dinner Roll W/ Margarine Apple Juice	5) MOW will be closed For our Volunteer Appreciation Day You will receive your meals For this day on May 29, 2018	6) Split Pea Soup Roast Beef w/ Gravy Mashed Potatoes Green Beans Fresh Fruit Wheat Bread w/ Margarine Apple Juice	7) Barley Soup Stuffed Shells w/ Marinara Sugar Snap Peas Baked Peaches Bread Stick w/ Margarine Cranberry Juice	8) Matzo Ball Soup Cajun Chicken Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice
11) Five Bean Soup Stuffed Peppers Pasta w/ Marinara Sliced Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice	12) Chicken Noodle Soup Pepper Steak Fluffy Rice Broccoli Fresh Fruit Wheat Bread w/ Margarine Tomato Juice	13) Vegetable Soup Rosemary Chicken Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Prune Juice	14) Lentil Soup Cheese Lasagna Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice	15) Matzo Ball Soup Roast Beef w/ Gravy Potato Latkes Sautéed Spinach Fresh Fruit Potato Bread w/ Margarine Apple Juice
18) Beef Vegetable Soup Baked Salmon Wild Rice Glazed Carrots Fresh Apple Potato Bread w/ Margarine Orange Juice	19) Bean Soup Baked Chicken Mashed Potatoes Summer Squash Fresh Fruit Wheat Bread w/ Margarine Tomato Juice	20) Chicken Noodle Soup Hot Dog w/ Roll Baked Beans Sauerkraut Fresh Fruit Prune Juice	21) Vegetable Soup Stuffed Shells w/ Marinara Green Beans Baked Apples Wheat Bread w/ Margarine Orange Juice	22) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice
25) Navy Bean Soup Stuffed Cabbage Whipped Potatoes Ginger Snap Peas Fresh Apple Wheat Bread w/ Margarine Orange Juice	26) Vegetable Soup Cilantro Chicken Herbed Orzo Broccoli Fresh Fruit Dinner Roll W/ Margarine Prune Juice	27) Barley Soup Meatloaf w/ Gravy Mashed Potatoes Sautéed Cabbage Fresh Fruit Wheat Bread W/ margarine Apple Juice	28) Minestrone Soup Baked Tilapia Seasoned rice Spinach Fresh Fruit Wheat Bread w/ Margarine Orange Juice	29) Matzo Ball Soup Honey Baked Chicken Tzimmes Green Beans Fresh Fruit Potato Bread w/ Margarine Prune Juice

June 2018 KOSHER COLD MEALS Meals on Wheels of Central Maryland

OVER →

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Roll 1% Milk V-8 Juice
4) Egg Salad Garden Salad w/ Dressing Chilled Pineapple Wheat Bread 1% Milk V-8 Juice	5) MOW will be closed For our Volunteer Appreciation Day You will receive your meals For this day on May 29, 2018	6) Sliced Turkey 3 Bean Salad Potato Salad Slice Pears Potato Bread Mustard Prune Juice	7) Tuna Salad Garden Salad w/ Dressing Apricots Wheat Bread 1% Milk Orange Juice	8) Creamed herring Cole Slaw Rotini Pasta Salad Mandarin Oranges Pumpernickel Bread 1% Milk Orange Juice
11) Tuna Salad Garden Salad w/ Dressing Chilled Apricots Whole-Grain Bread 1% Milk Apple Juice	12) Muster Cheese Fiesta & Pasta Salad Sliced Pears Wheat Bread Mustard 1% Milk Cranberry Juice	13) Sliced Roast Beet Cole Slaw Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice	14) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye Bread 1% Milk Cranberry Juice	15) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapple Dinner Roll 1% Milk Prune Juice
18) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Salad Whole Grain Bread w/ Margarine 1% Milk Orange Juice	19) Muster Cheese Creamy Garden Salad Sliced Pears Wheat Bread 1% Milk Cranberry Juice	20) Sliced Turkey Carrot Raisin Salad Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice	21) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread 1% Milk Cranberry Juice	22) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapple Dinner Roll w/ Dressing 1% Milk Prune Juice
25) Egg Salad Garden Salad w/ Dressing Pears Rye Bread w/ Margarine 1% Milk Apple Juice	26) American Cheese Cole Slaw Tropical Fruit Salad Pumpernickel Bread Mustard 1% Milk Prune Juice	27) Sliced Turkey Italian Vegetable Salad Three Bean Salad Mandarin Oranges Wheat Bread Mayonnaise V-8 Juice	28)) Tuna Salad Pickled Beets Fruit Cup Multi-Grain Bread 1% Milk Cranberry Juice	29)) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Roll 1% Milk V-8 Juice