


March 2019 KOSHER HOT MEALS Meals on Wheels of Central Maryland

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

March 2019 KOSHER COLD MEALS Meals on Wheels of Central Maryland

OVER →

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapples Dinner Roll
4) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Salad Whole Grain Bread 1% Milk Apple Juice	5) Munster Cheese Creamy Garden Salad Sliced Pears Wheat Bread Mustard 1% Milk Cranberry Juice	6) Slice Turkey Carrot Raisin Salad Mandarin Oranges Wheat Bread Mayonnaise V-8 Juice	7) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread 1% Milk Cranberry Juice	8) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapples Dinner Roll 1% Milk Prune 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) Egg Salad Garden Salad w/ Dressing Chilled Pineapples Wheat Bread 1% Milk V-8 Juice	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	29) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapples Dinner Roll