

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1) Lentil Soup Baked Fish Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice</p>	<p>2) Matzo Ball Soup Baked Chicken Brown Rice Sautéed Spinach Fresh Fruit Dinner w/ Margarine Apple Juice</p>
<p>5) Beef Vegetable Soup Baked Salmon Wild Rice Glazed Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice</p>	<p>6) Bean Soup Smothered Chicken Breast Mashed Red Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine V-8 Juice</p>	<p>7) Chicken Noodle Soup Hot Dog w/ Roll Baked Beans Sauerkraut Fresh Fruit Mustard Prune Juice</p>	<p>8) Vegetable Soup Meatballs w/ Marinara Sauce Green Beans Baked Apples Dinner Roll w/ Margarine Orange Juice</p>	<p>9) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice</p>
<p>12) Navy Bean Soup Sliced Turkey Whipped Potatoes Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice</p>	<p>13) Vegetable Soup Baked Fish Herbed Orzo Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice</p>	<p>14) Split Pea Soup Meatloaf w/ Gravy Mashed Potatoes Ginger Snap Peas Fresh Fruit Dinner Roll w/ Margarine Apple Juice</p>	<p>15) Minestrone Soup Baked Manicotti Hot Peaches Spinach Dinner Roll w/ Margarine Orange Juice</p>	<p>16) Matzo Ball Soup Roast Beef w/ Gravy Tzimmes Green Beans Fresh Fruit Dinner Roll w/ Margarine Prune Juice</p>
<p>19) Lentil Soup Beef Stew Zucchini Baked Apples Dinner Roll w/ Margarine Apple Juice</p>	<p>20) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Fresh Fruit Whole-Grain Bread w/ Margarine Cranberry Juice</p>	<p>21) Navy Bean Soup Meatloaf w/ Gravy Mashed Potato Green Beans Fresh Fruit Wheat Bread w/ Margarine Apple Juice</p>	<p style="text-align: center;">22) Meals on Wheels Will be closed for the Thanksgiving Holiday You will receive your meals For this day on 11/15/18</p>	<p style="text-align: center;">23) Meals on Wheels Will be closed for the Thanksgiving Holiday You will receive your meals For this day on 11/21/18</p>
<p>26) Five Bean Soup Salisbury Steak w/ Gravy Mashed Potatoes Sliced Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice</p>	<p>27) Chicken Noodle Soup Smothered Chicken Breast Fluffy Rice Broccoli Fresh Fruit Dinner Roll w/ Margarine V-8 Juice</p>	<p>28) Beef Vegetable Soup Beef Stew Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Prune Juice</p>	<p>29) Lentil Soup Baked Fish Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice</p>	<p>30) Matzo Ball Soup Baked Chicken Brown Rice Sautéed Spinach Fresh Fruit Dinner w/ Margarine Apple Juice</p>

November 2018 KOSHER COLD MEALS Meals on Wheels of Central Maryland

OVER →

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye Bread 1% Milk Cranberry Juice	2) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapple Potato Bread 1% Milk Prune Juice
5) Munster Cheese Marinated Vegetables Sliced Pears Whole Wheat Bread Mustard 1% Milk Cranberry Juice	6) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Whole-Grain Bread 1% Milk Apple Juice	7) Sliced Turkey Carrot Raisin Salad Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice	8) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread 1% Milk Cranberry Juice	9) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapple Dinner Roll 1% Milk Prune Juice
12) Egg Salad Tossed Salad w/ Dressing Pears Rye Bread 1% Milk Apple Juice	13) American Cheese Cole Slaw Tropical Fruit Pumpernickel Bread Mustard 1% Milk Cranberry Juice	14) Slice Turkey Marinated Vegetables Three Bean Salad Mandarin Oranges Whole Wheat Bread Mayonnaise V-8 Juice	15) Tuna Salad Pickled Beets Fruit Cup Multi-Grain Bread 1% Milk Cranberry Juice	16) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Potato Bread 1% Milk V-8 Juice
19) Swiss Cheese Marinated Vegetables Macaroni Salad Fruit Cocktail Rye Bread 1% Milk Orange Juice	20) Egg Salad Tossed Salad w/ Dressing Chilled Pineapple Whole Wheat Bread 1% Milk V-8 Juice	21) Sliced Turkey 3 Bean salad Potato Salad Sliced Pears Potato Bread Mayonnaise Prune Juice	<p style="text-align: center;">22) Meals on Wheels Will be closed for the Thanksgiving Holiday You will receive your meals For this day on 11/15/18</p>	<p style="text-align: center;">23) Meals on Wheels Will be closed for the Thanksgiving Holiday You will receive your meals For this day on 11/21/18</p>
26) Munster Cheese Marinated Vegetables Sliced Pears Whole Wheat Bread Mustard 1% Milk Cranberry Juice	27) Tuna Salad Tossed Salad w/ Dressing Chilled Apricots Whole-Grain Bread 1% Milk Apple Juice	28) Sliced Roast Beet Cole Slaw Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice	29) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye Bread 1% Milk Cranberry Juice	30) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapple Potato Bread 1% Milk Prune Juice