

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Five Bean Soup Salisbury Steak w/ Gravy Mashed Potatoes Sliced Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice	2) Chicken Noodle Soup Smothered Chicken Breast Fluffy Rice Broccoli Fresh Fruit Dinner Roll w/ Margarine V-8 Juice	3) Beef Vegetable Soup Beef Stew Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Prune Juice	4) Lentil Soup Baked Fish Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice	5) Matzo Ball Soup Baked Chicken Brown Rice Sautéed Spinach Fresh Fruit Dinner w/ Margarine Apple Juice
8) Beef Vegetable Soup Baked Salmon Wild Rice Glazed Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice	9) Bean Soup Smothered Chicken Breast Mashed Red Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine V-8 Juice	10) Chicken Noodle Soup Hot Dog w/ Roll Baked Beans Sauerkraut Fresh Fruit Mustard Prune Juice	11) Vegetable Soup Meatballs w/ Marinara Sauce Green Beans Baked Apples Dinner Roll w/ Margarine Orange Juice	12) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice
15) Navy Bean Soup Sliced Turkey Whipped Potatoes Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice	16) Vegetable Soup Baked Fish Herbed Orzo Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice	17) Split Pea Soup Meatloaf w/ Gravy Mashed Potatoes Ginger Snap Peas Fresh Fruit Dinner Roll w/ Margarine Apple Juice	18) Minestrone Soup Baked Manicotti Hot Peaches Spinach Dinner Roll w/ Margarine Orange Juice	19) Meals on Wheels Will be closed Friday, October 19, 2018 For an All Staff Training Day You will receive your meals for this day Friday, October 12, 2018
22) Lentil Soup Beef Stew Zucchini Baked Apples Dinner Roll w/ Margarine Apple Juice	23) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Fresh Fruit Whole-Grain Bread w/ Margarine Cranberry Juice	24) Navy Bean Soup Meatloaf w/ Gravy Mashed Potato Green Beans Fresh Fruit Wheat Bread w/ Margarine Apple Juice	25) Tortellini Soup Stuffed Shells w/ Marinara Sugar Snap Peas Baked Peaches Bread Stick w/ Margarine Cranberry Juice	26) Matzo Ball Soup Roast Beef Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice
29) Five Bean Soup Salisbury Steak w/ Gravy Mashed Potatoes Sliced Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice	30) Chicken Noodle Soup Smothered Chicken Breast Fluffy Rice Broccoli Fresh Fruit Dinner Roll w/ Margarine V-8 Juice	31) Beef Vegetable Soup Beef Stew Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Prune Juice		

October 2018 KOSHER COLD MEALS Meals on Wheels of Central Maryland

OVER →

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Munster Cheese Marinated Vegetables Sliced Pears Whole Wheat Bread Mustard 1% Milk Cranberry Juice	2) Tuna Salad Tossed Salad w/ Dressing Chilled Apricots Whole-Grain Bread 1% Milk Apple Juice	3) Sliced Roast Beet Cole Slaw Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice	4) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye Bread 1% Milk Cranberry Juice	5) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapple Potato Bread 1% Milk Prune Juice
8) Munster Cheese Marinated Vegetables Sliced Pears Whole Wheat Bread Mustard 1% Milk Cranberry Juice	9) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Whole-Grain Bread 1% Milk Apple Juice	10) Sliced Turkey Carrot Raisin Salad Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice	11) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread 1% Milk Cranberry Juice	12) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapple Dinner Roll 1% Milk Prune Juice
15) Egg Salad Tossed Salad w/ Dressing Pears Rye Bread 1% Milk Apple Juice	16) American Cheese Cole Slaw Tropical Fruit Pumpnickel Bread Mustard 1% Milk Cranberry Juice	17) Slice Turkey Marinated Vegetables Three Bean Salad Mandarin Oranges Whole Wheat Bread Mayonnaise V-8 Juice	18) Tuna Salad Pickled Beets Fruit Cup Multi-Grain Bread 1% Milk Cranberry Juice	19) Meals on Wheels Will be closed Friday, October 19, 2018 For an All Staff Training Day You will receive your meals for this day Friday, October 12, 2018
22) Swiss Cheese Marinated Vegetables Macaroni Salad Fruit Cocktail Rye Bread 1% Milk Orange Juice	23) Egg Salad Tossed Salad w/ Dressing Chilled Pineapple Whole Wheat Bread 1% Milk V-8 Juice	24) Sliced Turkey 3 Bean salad Potato Salad Sliced Pears Potato Bread Mayonnaise Prune Juice	25) Tuna Salad Tossed Salad w/ Dressing Apricots Whole Wheat Bread 1% Milk Orange Juice	26) Creamed Herring Cole Slaw Rotini Pasta Salad Mandarin Oranges Pumpnickel Bread 1% Milk V-8 Juice
29) Munster Cheese Marinated Vegetables Sliced Pears Whole Wheat Bread Mustard 1% Milk Cranberry Juice	30) Tuna Salad Tossed Salad w/ Dressing Chilled Apricots Whole-Grain Bread 1% Milk Apple Juice	31) Sliced Roast Beet Cole Slaw Mandarin Oranges Kaiser Roll Mayonnaise V-8 Juice		